

CONCORDIA UNIVERSITY

STINGERS

'09



#18 Nicholas Arsenault-Hum
2008 Quebec All-Star
2009 All-Canadian Candidate

#8 Cory Greenwood
2008 Quebec All-Star
2009 All-Canadian Candidate

#14 Liam Mahoney
2008 Team MVP
2009 All-Canadian Candidate

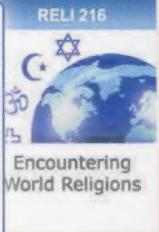
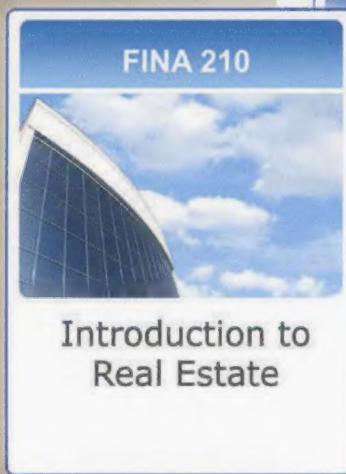
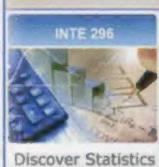
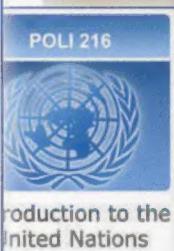
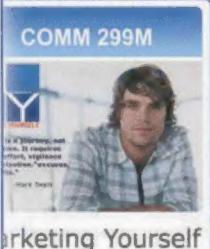
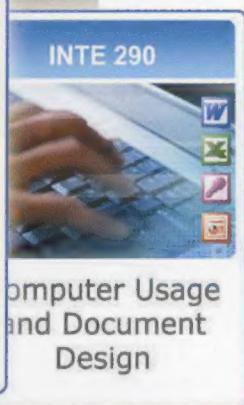
#81 Cory Watson
2009 All-Canadian Candidate



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2009 Stingers Football Schedule

Sunday, Sept. 6 2 p.m. Televised live on Radio-Canada



Stingers @



Laval

Sunday, Sept. 13 4:30 p.m.



Stingers VS.



Montréal

Saturday, Sept. 19 7 p.m.



Stingers @



Sherbrooke

Homecoming

Saturday, Sept. 26 1 p.m.



Stingers VS.



St. Francis Xavier

Shrine Bowl

Saturday, Oct. 3 1 p.m. Televised live on Radio-Canada



Stingers VS.



Sherbrooke

Saturday, Oct. 17 1 p.m.



Stingers @



Acadia

Shaughnessy Cup

Saturday, Oct. 24 1 p.m. Televised live on Radio-Canada



Stingers VS.



McGill

Saturday, Oct. 31 1 p.m.



Stingers @



Bishop's

QUFL Semifinals

Saturday, Nov. 7 12 p.m.

Dunsmore Cup

Saturday, Nov. 14 12:30 p.m. Televised live on Radio-Canada

Vanier Cup

Saturday, Nov. 28 12 p.m.

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Concordia University Department of Recreation and Athletics

7200 Sherbrooke St. W., PA-104, Montreal, Quebec, H4B 1R2

514-848-2424, ext. 3857

Director of Recreation and Athletics

Katie Sheahan

514-848-2424, ext. 3867
ksheahan@alcor.concordia.ca

Marketing Co-ordinator

Eric Boghen

514-848-2424, ext. 3852
eboghen@alcor.concordia.ca

Academic Centre for Excellence Consultant

Brigeen Badour

514-848-2424, ext. 3851
ace@alcor.concordia.ca

Staff Supervisor

Warren Craney

Program Layout Cover Design

Marissa Stimpson

Ad Sales

Mao Sato

Photographs

Marissa Stimpson
Charles Dubé
IITS Creative Media Services

Editor

Marissa Stimpson



WELCOME TO THE

Concordia is an urban university which is responsive to the needs of a diverse student population as well as to the bilingual and multicultural environment in which it resides. Concordia is a welcoming community where values of equality, non-discrimination and tolerance of diversity are appreciated and actively promoted. Representing more than 150 countries are the 44,000 students who attend Concordia each year.

Concordia proudly offers over 500 programs, including 300 undergraduate degrees and over 200 graduate degrees, diplomas and certificates. These programs span our four faculties (Arts and Science, The John Molson School of Business, Engineering and Computer Science, Fine Arts) and our school of Graduate studies.

We are very proud of our legacy and the success of our students. For over 180 years, we have been committed to the pursuit of educational excellence and innovative research. Concordia has strong traditions of individual empowerment, discovery and leadership building. These cornerstones of education were built by Concordia's founding institutions – Loyola College and Sir George Williams University – and are still strong today as they continue to unfold in new and exciting ways with local, national and global relevance.

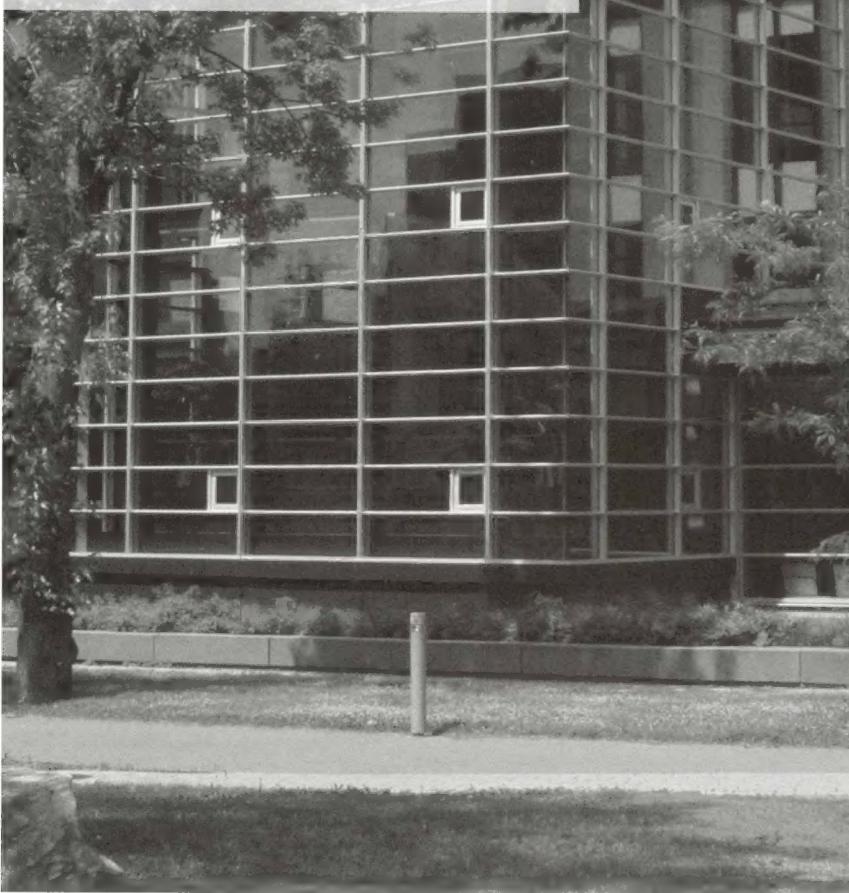
Photo: IITS Creative Media Services

CONCORDIA EXPERIENCE



Concordia serves its students with state of the art facilities such as the Integrated Engineering, Computer Science and Visual Arts Complex (EV building) located downtown on Guy and Ste. Catherine Streets at the Sir George Williams campus and the Richard J. Renaud Science Complex (SP building) at the Loyola campus in NDG.

This summer saw the opening of the new JMSB building (MB building) on Guy St. and de Maisonneuve Blvd. Its 15 stories house the John Molson School of Business along with seven floors of new classrooms, an amphitheatre and new student spaces for both graduate and undergraduate students. Faculty from various programs also have a place in the new building as well as privatized programs. It is connected to Guy metro and the EV building by an underground tunnel. The MB building is a leader in solar energy and is LEED (Leadership in Energy and Environmental Design) certified.



Concordia is committed to responsible and innovative leadership in fulfilling the mission of universities to develop and disseminate knowledge and values and to act as a social critic. The university seeks to achieve this end by offering its students inclusive and accessible academic programs which stress a broad-based, interdisciplinary approach to learning, by fostering an environment of academic and pedagogical freedom, as well as by a dedication to superior teaching supported by the best possible research, scholarship, creative activity and service to society. Through these means, Concordia University prepares its graduates, at all levels, to live as informed and responsibly critical citizens who are committed to learning and to the spirit of inquiry.

For general questions regarding undergraduate admissions contact:

Enrolment Services

Phone: 514-848-2424, ext. 2668

Fax: 514-848-2621

Or visit our web site at www.concordia.ca



PRESIDENT'S MESSAGE



Judith Woodsworth, PhD
President and Vice-Chancellor
Concordia University

It is my pleasure to welcome you to Concordia University and to our Loyola campus athletics facilities.

Football is a fundamental tradition at Concordia University and an integral part of our culture. This year will be another exciting year as we watch our athletes perform, but also as we observe the construction of the new Stinger Dome on the south field of our athletics facilities throughout the football season and plan its inauguration for November. This new facility marks the first step in the expansion of our facilities at Concordia's Loyola campus in over 40 years!

At Concordia University, we pride ourselves on providing our students with a high level of academic challenge, and ensuring that our students' experience is as rich and rewarding as possible. The Department of Recreation and Athletics plays a huge role in providing students with opportunities to attain this needed balance. It creates opportunities for Concordia to connect with the community and adds great value to university life.

Our student-athletes demonstrate significant determination and exert tremendous efforts, not only on the field, but in the classroom. It takes great discipline to succeed as a student-athlete, and we are very proud of them.

I would like to take this opportunity to thank our alumni, sponsors and supporters for their dedication. A special thanks as well to our loyal Stingers' fans that attend our games and cheer us on. Your participation and encouragement inspire our players, and we are delighted to include you in the fun!

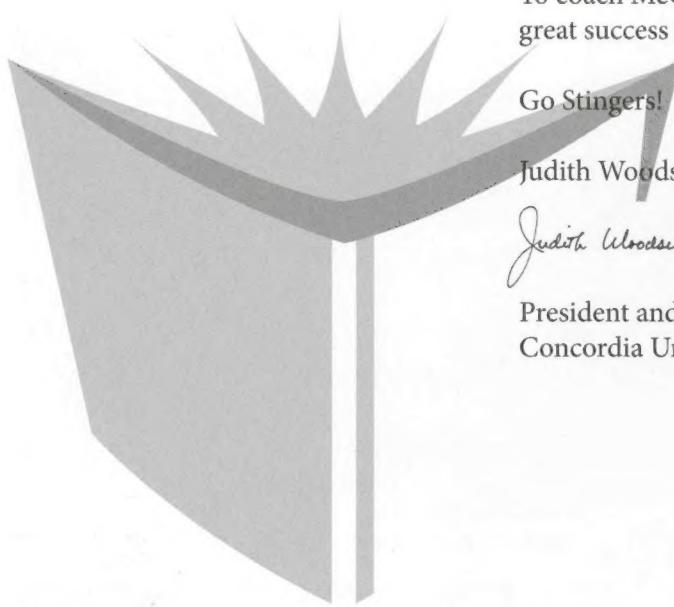
To coach McGrath and all members of the Stingers football team, I wish you great success this season!

Go Stingers!

Judith Woodsworth, PhD

A handwritten signature of Judith Woodsworth.

President and Vice-Chancellor
Concordia University



ATHLETIC DIRECTOR'S MESSAGE



Welcome Everyone - to the 2009 Concordia football season!

Last year it was my pleasure to announce the plans for the expansion of our Loyola Recreation and Athletics complex which included a Dome, permanent stadium seating, a triple gym, major upgrades to our arena, a fitness centre and an indoor pool. So, it is with great excitement that I announce that the first of these major facilities – our own Stinger Dome - will open this November!

The Stinger Dome will be an air-supported structure covering the south field – immediately behind the stadium stands - and will offer optimal opportunities for access to indoor playing fields during the winter months. We are the first university in Quebec to have an innovative facility of this type. The Stinger Dome will allow all our varsity programs to practice year round in our own facilities, helping us to become the best in the leagues and to dominate our traditional rivals. The Dome will also be available to the Concordia student body via our Campus Recreation office, and the larger community is welcome to rent the facility by applying in writing to stingerdome@alcor.concordia.ca.

In other exciting football news, we are proud to report that Société Radio-Canada will be the official broadcaster of the Quebec University Football League, and the Concordia Stingers will be seen coast to coast this fall! Further, we will be honouring a football giant, Rocco Romano, BA88, into the Concordia Sports Hall of Fame in September, in recognition of his outstanding contribution to the sport and the university.

The Department of Recreation and Athletics is committed to excellence. We strive to be student focused and community based in everything we do. We are committed to serving all our supporters with enthusiasm and welcome your feedback and suggestions about how we can keep you connected to our activities and programs. Should you wish to make a suggestion or share an idea, you need go no further than contacting me personally at ksheahan@alcor.concordia.ca. I will be pleased to make your acquaintance.

Katie Sheahan

A handwritten signature in black ink that reads "Katie Sheahan".

Director
Recreation and Athletics



Katie Sheahan
Director Recreation and Athletics
Concordia University



EXPANSION OF CONCORDIA'S **RECREATION AND ATHLETICS COMPLEX** AT THE LOYOLA CAMPUS

The Stands



Concordia will be building new permanent stands providing minimum seating for at least 4000 spectators with underground varsity lockers and support space. The varsity locker rooms will double as visitors' rooms and as a support area for a winter dome.

The Winter Dome



Concordia University is embarking on a bold initiative to establish Quebec's first university-operated Winter Dome. This new facility will greatly enhance our capacity to attract high caliber student-athletes to our varsity and competitive club programs. The facility will offer year round access to field sports.

The Triple Gym



The triple gym, will be available for major university, amateur and high profile sporting events, as well as other major events for the university and local communities. 1,000 permanent seats will be built into the facility using retractable seating technology and the facility is conceived to host events that allow for additional, temporary seating to be added as necessary.

The Fitness Centre



The fitness centre will face Sherbrooke street and will serve as a showcase for the entire complex.

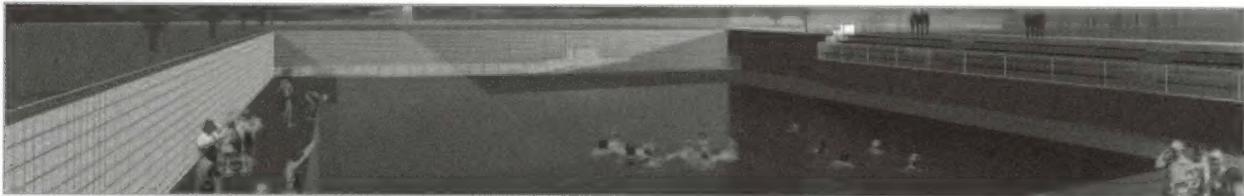
The centre will include a 200 metre indoor running track, studios, weight training and cardio areas.

The Arena



Concordia University will be upgrading our existing arena facility. This renovation calls for the creation of new varsity locker spaces, upgraded visitors' locker rooms, improved circulation, a new press box, scoring table, penalty box, a new Zamboni garage and a complete retrofit of the mechanical systems.

The Pool



We shall also be building a 25m indoor swimming pool. This addition will have a particularly important impact on area residents as swimming lessons, recreational swimming, family activities, aqua fitness, life saving instruction and day camp swim instruction will be available. Equipped with a generous pool deck, this facility will also be able to accommodate portable spectator stands and/or various dry land activities associated with aqua fitness, swimming and lifesaving instruction.



ACE HELPS STUDENT-ATHLETES



ACE consultant Brigeen Badour gives Stingers slotback Corey Greenaway some advice on his role as a peer tutor and student-athlete mentor.

What ACE Does For Student-Athletes

The Academic Centre for Excellence (ACE) is a program designed to help student-athletes develop into prepared individuals who can excel in today's competitive environment. ACE's goal is to ensure our athletes graduate from Concordia as confident students who are connected to the community and well prepared for the challenges they will face throughout their lives. The dynamics of the employment market in today's global economy have changed to such where a university degree is often no longer enough. By incorporating the following three key programs, ACE strives to be a model in academic preparation, personal development and career placement.

The Academic Support Program tracks the progress of student-athletes, from the admissions stage through graduation. It provides an environment for skill development and learning, and helps each student-athlete develop an individual success strategy. The ultimate goal of this program is graduation and a great emphasis is placed on first-year students.

The Personal Development Program helps student-athletes develop into well-rounded, articulate and knowledgeable individuals through a series of seminars and workshops. University professionals, local and national experts provide on-campus support and aid in skill development. Through outreach programs and volunteering student-athletes learn the importance of public service and have the opportunity to make a positive contribution to the Montreal and Quebec community.

The Career Development Program prepares student-athletes for a successful entry into careers of their choice. A strategic plan for success is developed with the student-athletes by examining results from interest and ability testing. Workshops and seminars help student-athletes develop the skills necessary to conduct a successful job search.

Services and Program Goals for Student-athletes

- The ACE program assists all first-year student-athletes in the development of the academic skills required to be successful at university.
- The program's goal is to promote academic excellence and personal development, not merely student-athlete eligibility and graduation. Student-athletes should be encouraged to select academic programs that are consistent with their abilities, interests and career aspirations. Through counselling, workshops, and seminars ACE helps student-athletes develop a personal vision and success strategy for life.
- ACE carefully tracks the academic performance and academic programs for all student-athletes at Concordia University. Through constant review, the academic strengths and weaknesses of each student-athlete are monitored, and special programs can be developed to enhance their academic goals.
- The program serves as a resource for all student-athletes and enables each individual to obtain out-of-class academic support. This support may take the form of group and individual tutoring, supplemental instruction, academic mentoring and skill development workshops and seminars.
- All student-athletes considered "at risk" are provided with a personal strategy that includes mandatory study hall, tutoring and class attendance. Each "at risk" student-athlete will also be assigned an academic mentor/advisor who will help develop the skills and confidence to be academically successful.
- The program is integral to each student-athlete's academic life. ACE is flexible and offers academic support activities at times when it is possible for student-athletes to attend.
- ACE helps all student-athletes make a smooth transition from university to the workplace by providing a pro-active career development program. The program also provides counselling and guidance to those student-athletes interested in pursuing admission to post-graduate study early in their academic careers.

ACADEMICS AND ATHLETICS



The Peer Tutoring Program provides the opportunity for student-athletes with high academic standings to peer-tutor student-athletes in need of academic support. This collective program benefits all student-athletes and is evolving into a Student-Athletes Peer Help Initiatives Program. This program consists of the following initiatives:

Peer Tutors are selected from Concordia's current student-athletes and recent graduates who have demonstrated the ability to maintain a high academic performance. Currently there are more than 70 student-athletes acting as peer tutors representing all sports and a wide range of academic disciplines at both the undergraduate and graduate level.

Peer Mentoring allows first-year student-athletes to benefit from the experiences of their senior peers who were successful in their first years of university. Peer mentoring helps new student-athletes integrate more easily into university and academic life. The senior peer mentors receive training through the Mentorship Program of Concordia's Counselling and Development Department.

Alumni Mentoring is a future goal of the Student-Athletes Peer Help Initiatives program. The alumni mentors will play key roles in the development of our student-athletes in the areas of academic support, life skill mentoring and career help. This group will be a very important resource for employment opportunities and career placement seminars.

Academic Tips From the Experts



Brigeen Badour
Academic Centre for Excellence consultant

"What I love about ACE is that it gives student-athletes the support to help them succeed and graduate. It's about the student-athletes achieving their academic goals."

- **Manage your time effectively.** It is important to understand that for every hour in the classroom you have at least two hours studying. It comes down to managing your time well because you have to balance school, sports and life.
- **Choose your courses wisely.** This is more important than most students realize. Choose the course that is the right level for you. Change your mind if necessary but honour the deadline dates for dropping/adding a course. It's very important to build your learning skills and you can do this by taking classes such as English Composition, Library Research or Computers. These are very practical classes to take at the beginning of your degree because they will help you throughout your Concordia career.
- **Focus on your strengths and interests.** Take classes and choose the program that is interesting to you. Students tend to enjoy their courses more when they are taking courses they find interesting rather than areas of complete disinterest. You are at university for you, take the courses you like.

For more information visit us at our web site:
<http://athletics.concordia.ca/ace>
Or email Brigeen at ace@alcor.concordia.ca



Graeme McGravie
Admissions Counsellor Arts and Science

"The admissions counsellors have a close relationship with everyone in Athletics and ACE. I am also a coach so I understand the issues that are involved with being a student-athlete."

- **Stay informed.** Find out about any prerequisites you will need for university before you graduate from high school or CEGEP. Make sure you stay informed about the program you want to enter. Reading the Concordia Undergraduate Calendar, which is available online, will give you a good idea as to what to expect from each program and class. It is also vital to read your course outlines and make sure you understand what will be required of you for each class.
- **Visit your guidance/admissions counselor** while you are in high school or CEGEP. This is especially important for out of province students. Start visiting your counsellor earlier rather than later and keep up to date on your graduation status. You don't want to find out at the last moment that you aren't eligible for university.
- **You can always change your mind** about your program once you are here. You may not be able to get into the program you want right away, but that doesn't mean we can't help get you where you want to go.

For more information on admissions to Concordia visit us at:
<http://www.concordia.ca/info/futurestudents/undergraduate>



STRENGTH AND CONDITIONING



TRAINING TO BE A STINGER

The strength and conditioning coaches have designed a multi-platform program to get the best from every Stinger. This program is divided into three seasons:

- Summer training is mainly outdoors and focuses on multipurpose workouts which combine strength training with cardiovascular and functional training, like tire flipping and sleds. These workouts increase the players' in-game speed, agility and stopping power, but most importantly they reduce injuries.
- Winter training takes place mainly in the gym and is designed to increase **muscle** strength and size. The team uses free weights, weight machines and cardiovascular equipment to maximize workout efficiency.
- In-season training focuses on maintaining the strength and power developed in the off-season and is an important part of staying injury free.





Department of
Recreation and Athletics

STINGER DOME

Concordia

GRAND OPENING
NOV. 2009
NOW ACCEPTING
RENTAL REQUESTS AT
www.stingerdome.ca

Concordia

STINGER DOME

7200 Sherbrooke St. W.,
Montreal, Quebec

The Stinger Dome is an exciting sports facility coming to Concordia University's Loyola campus in N.D.G. It is our sincere hope that members of our community and local sports organizations will be able to benefit from access to this dynamic air-supported structure which is due to open Nov. 23, 2009 and will be in operation until April 30, 2010. We look forward to discussing this initiative and rental possibilities for your organization.

HOURS OF OPERATION AND RATES

Stinger Dome	Rate per hour (plus GST & PST)			
Monday to Friday	1/4 Field	1/2 Field	3/4 Field	Full Field
8 a.m. to 4 p.m.	\$100	\$200	\$300	\$400
4 p.m. to midnight	\$150	\$300	\$450	\$600
Saturday & Sunday				
8 a.m. to midnight	\$150	\$300	\$450	\$600

RENTAL PROCEDURE

Rental requests are currently being accepted. Please download the Stinger Dome rental request pdf at www.stingerdome.ca

For further information during regular business hours, please contact:

Alberto Moreira

Tel: 514-848-2424, ext. 8860 | stingerdome@concordia.ca

FIELD DIMENSIONS

1/4 Field: 98 x 180 feet
1/2 Field: 203 x 180 feet
3/4 Field: 308 x 180 feet
Full Field: 413 x 180 feet

* Preference and preferential rates will be available for parties interested in entering into a three-year rental agreement.





CONCORDIA STINGERS MAKE THE PROS



DALLAS COWBOYS



PITTSBURGH STEELERS



CLEVELAND BROWNS

2005
Sam Taulealea

2002
Burke Dales

1999
Sylvain Girard



MONTREAL
ALOUETTES

2007
Andrew Hamilton



EDMONTON
ESKIMOS

2008
Sammy Okpro



CALGARY
STAMPEDERS

1999
Evans Davis Jr.

2004
Rudy Hage

2007
Warren Kean

1997
Uzo Ubani

2003
Brad Collinson

2004
Anthony Jean

1996
Farell Duclair

2000
Jason Casey

2001
Eric Bouris

1991
Nigel Smith

1999
Sylvain Girard
Jeff Anderson

1992
Simon Taylor

1989
Richard McCrory

1996
Denis Montana

1981
Dan Pavlicik

1987
Rocco Romano

1987
Mike Bertone

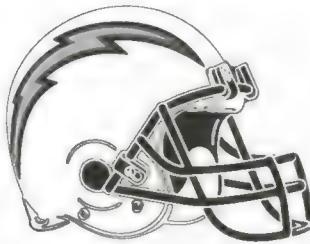
1986
Albert Calaguirio

1976
Dave McMillan
Larry Tittley
Mike Walkukavic



MIAMI DOLPHINS

1998
Denis Montana



SAN DIEGO CHARGERS

1995
Mark Montreuil



**OKLAHOMA CITY
YARD DAWGZ**
2008
Keith Dauper



**WINNIPEG
BLUE BOMBERS**

2009
Mike Renaud



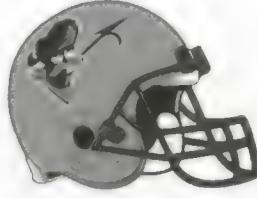
**HAMILTON
TIGER-CATS**

2005
Mickey Donovan



**TORONTO
ARGONAUTS**

1998
Dave Miller-Johnston



**OTTAWA
ROUGHRIDERS**

1996
André Bolduc



**SASKATCHEWAN
ROUGHRIDERS**

1991
Paul Vajda
Paul Maines

2003
Chris Cvetkovic

1987
Joe Fortune

1995
Mark Montreuil

1995
Dan Lavallee
Mike Simoncic

1985
Roger Mayer

1985
Greg Miller

1985
Lance Harry

1978
Clark Johnson

1993
Fred Marquette

1983
Greg Thomas

1976
Gary Anderson

1984
Tony Marrone

1976
John Montelpare
Bernie Muldoon

1992
Ian Ployart

1982
Gerry Prud'homme

1983
Paul Palma
Martin Disabatino

1985
Nick Benjamin

1978
Mike Hume

1976
Wade Clare



BC LIONS

2004
Troy Cunningham



MAJOR AWARD WINNERS

The J.P. Metras Trophy is awarded annually to the CIS Outstanding Down Lineman.

Concordia is the first school in the Quebec conference to have its players win this award twice.



DE Troy Cunningham
Metras Trophy - 2004
BA Applied Human Sciences



DE Paul Chesser
Metras Trophy - 1993
BA Economics
Diploma of Sports Administration

The President's Trophy is awarded annually to the CIS Outstanding Defensive Player.

Concordia is the only school to have won this trophy three years in a row.

Pat Donovan is the second player to win two consecutive trophies since the award was first presented in 1980.



LB Pat Donovan
President's Trophy - 2005 & 2006
BA Applied Human Sciences



LB Mickey Donovan
President's Trophy - 2004
BA Applied Human Sciences

The Peter Gorman Trophy is awarded annually to the CIS Rookie of the Year.

Liam Mahoney is the first Stinger to receive this award.



QB Liam Mahoney
Peter Gorman Trophy - 2007
Undergrad History



ALL-CANADIANS



Sammy Okpro
2005 - 2006 - 2007
Undergrad Human Relations



Pat Donovan
2005 - 2006
BA Applied Human Sciences



Mobido Sidibe
2005 - 2006
Undergrad Sociology



Keith Dauper
2006
BA Human Relations



Mike Renaud
2004 - 2005
BA Applied Human Sciences



Warren Kean
2005
BA Applied Human Sciences



Scott Syvret
2005
BComm Marketing



Mickey Donovan
2003 - 2004
BA Applied Human Sciences



Troy Cunningham
2003 - 2004
BA Applied Human Sciences



David Aiken
2002
BComm Finance

2003
Jean-Michel Paquette

2001
Burke Dales
2000
Steve Jobin
Loan Duong
1999
Jason Casey
1998
Dwayne Bromfield

1997
Dave Miller-Johnston
2000
Jeff Anderson
Lenroy Henry
1996
Dominik Goulet
1994
Marc Fortier
Luc Pelland

1993
Paul Chesser
Luc Pelland
1991
Jean-François Heroux
Jacques Moreau
1990
Ron Aboud
Stephane Chapados
Paul Vajda

1989
Ian Ployart
Bryan Vajda
1988
Mirco Buth
Richard McCrory
Paul Vajda
1987
Mirco Buth
Richard McCrory
Paul Vajda
1986
Rocco Romano

1988
Mirco Buth
Richard McCrory
Paul Vajda
1987
Mike Bertone
1986
Rocco Romano

1985
Greg Miller
1984
Nick Benjamin
1983
Nick Benjamin
1982
Paul Palma
1981
Gerry Prud'homme



QUEBEC CONFERENCE ALL-STARS

2008	2002	1997	1991	1985
Nicholas Arsenault-Hum Cory Greenwood	Jean-Michel Paquette Darrell Wood Troy Cunningham David Aiken	Dave Miller-Johnston Jeff Anderson Loan Duong Lenroy Henry	Jean-François Heroux Fred Marquette Hubert Marsolais Jacques Moreau Gaston Thibodeau	Gino Carlacci Joe Fortune JF Godin Daniel Malats Greg Miller
2007	2001	1996	1990	1984
Sammy Okpro Keith Dauper Rene Paredes Cory Greenwood	Jean-Michel Paquette Brad Remus Adam Heming Alex Oliveira David Aiken Burke Dales	Jeff Anderson Dominik Goulet Dave Miller-Johnston	Ron Aboud Stephane Chapados John Dilegge Jean-François Joyal Jacques Moreau Gaston Thibodeau	Nick Benjamin Lance Harry Roger Mayer Greg Miller
2006	2000	1995	1989	1983
Keith Dauper Warren Kean Mike Renaud Mark Kang Sammy Okpro Pat Donovan Mobido Sidibe Sylvester Sarfo	Loan Duong Wayne Dunn Burke Dales Steve Jobin David Laliberté	Dimitrios Manolopoulos Giovanni Petrella	Jean-François Heroux Ian Ployart Bryan Vajda	Nick Benjamin Albert Calaguirio JF Godin Lance Harry Frank Montelpare Ross Reeves
2005	1999	1994	1988	1982
Scott Syvret Dan Mott Keith Dauper Warren Kean Mike Renaud Patrick Donovan Sammy Okpro Mobido Sidibe	Sean Gordon Wayne Dunn Jason Casey Steve Jobin Burke Dales Matt Orlando Scott Ashworth Matt Trudeau	André Bolduc Marc Fortier Dan Lavallee Dimitrios Manolopoulos Luc Pelland	Ron Aboud Mirco Buth Stephane Chapados Martin Feradis Richard McCrory Paul Vajda Pat Yoshy	Phil MacAuley Tony Marrone Frank Montelpare Paul Palma Ross Reeves Mark Vendramin
2004	1998	1992	1987	1981
Mickey Donovan Troy Cunningham Mike Renaud Warren Kean Mobido Sidibe Kerry Clahane	Dave Miller-Johnston Sean Gordon Dwayne Bromfield Greg Casey	Paul Geary Dimitrios Manolopoulos Giovanni Petrella Gaston Thibodeau	Mike Bertone	Colin Anderson Mike Heathfield Paul Palma Dan Pavlicik Ron Pierce Gerry Prud'homme Ross Reeves Rick Sabourin
2003				1980
Jean-Michel Paquette Mickey Donovan Troy Cunningham Shawn Cummins Brad Remus Antony Jean Chris Jewell				John Outrigde David Pavlicik Gerry Prud'homme



Quebec conference all-stars #1 Sammy Okpro and #8 Pat Donovan

STINGERS 2008 FOOTBALL AWARDS



Liam Mahoney
Team & Offensive MVP



Tom Kuchiran
Outstanding Defensive
Lineman & Defensive MVP



Ricky Zieba
Defensive Rookie of the Year



Sanchez Deschamps
Offensive Rookie of the Year



Bryan Charleau
Special Teams Player
of the Year



Patrick Petrarroia
Offensive Lineman
of the Year



Gabriel Plante
Academic Athlete of the Year



Mark Deslauriers
Most Dedicated Player



THE STINGERS AND TEAM CANADA & TEAM QUEBEC

Team Canada is an under-19 division football team consisting of players selected from across the country. Since 2000, Team Canada has competed in the NFL Global Junior Championship. What began as part of Super Bowl celebrations has since become a separate tournament which started in the summer of 2009. Teams from Japan, Russia, France, Mexico, Panama, Germany, Canada and the United States compete in this annual tournament. Concordia's football coaches are always looking to stay involved with the sport in Canada and as such, three Stingers coaches have been selected over the years to lend their skills to Team Canada's coaching staff.

Team Quebec is a provincial under-19 division football program. Three of Concordia's coaches have lent their skills to the Team Quebec coaching staff since 2006.

Several former and current Stingers have been members of both Team Canada and Team Quebec.

CONCORDIA COACHES - TEAM CANADA

Gerry McGrath	2000, 2002, 2003
Pete Regimbald	2005, 2006
Warren Craney	2007, 2009

CONCORDIA COACHES - TEAM QUEBEC

Warren Craney	2006, 2008
Brad Collinson	2007, 2008, 2009
Luc Pelland	2007, 2008, 2009
Harry Laflamme	2009

CONCORDIA PLAYERS - TEAM CANADA

Cory Watson	Sylvester Sarfo
Blake Butler	Kyle Smith
Edem Nyamadi	Maurice Forbes
Anthony Barrette	William Miller
Tony Testa	Corey Greenaway
Kris Robertson	Arian Francois
Nicholas Arsenault-Hum	Sammy Okpro

CONCORDIA PLAYERS - TEAM QUEBEC

Nicholas Arsenault-Hum	Liam Mahoney
Kyle Smith	Corey Newman
Nicola Tomassini	

TEAM CANADA RESULTS AT THE NFL GLOBAL JUNIOR CHAMPIONSHIP

Atlanta	2000	Gold
Tampa Bay	2001	Silver
New Orleans	2002	Silver
San Diego	2003	Silver
Houston	2004	Silver
Jacksonville	2005	Gold
Detroit	2006	Gold
Miami	2007	Gold
Ohio	2009	Silver

* NFL Global Junior Championship was not held in 2008



ALL-STARS ARE CHOOSING CONCORDIA



"The coaches were very good to me on the recruiting trip, everyone was really friendly and it felt like a good family environment. Winning is very important to them and that is something I'm interested in as well."

#94 Mike Sutton
DT
Mississauga, ON
St. Marcellinus High School

"There were a couple of schools recruiting me but I realized that Concordia was the best fit for me academically and athletically. I went over the defence with Coach Craney and I thought I fit in with their defence pretty well!"

#31 Nathan Taylor
DB
LaSalle, QC
Vanier College

"Out of all the schools I visited, Concordia was the best one by far. The coaches treated me well and as soon as I came here I had a sense of realness. I knew they were being true to me. When you get here you can see how the program is evolving and you can tell that you will be a part of something good!"

#6 Christian Walcott
HB
Toronto, QC
Birchmont Park CI



Christian Walcott



2008 SEASON REVIEW

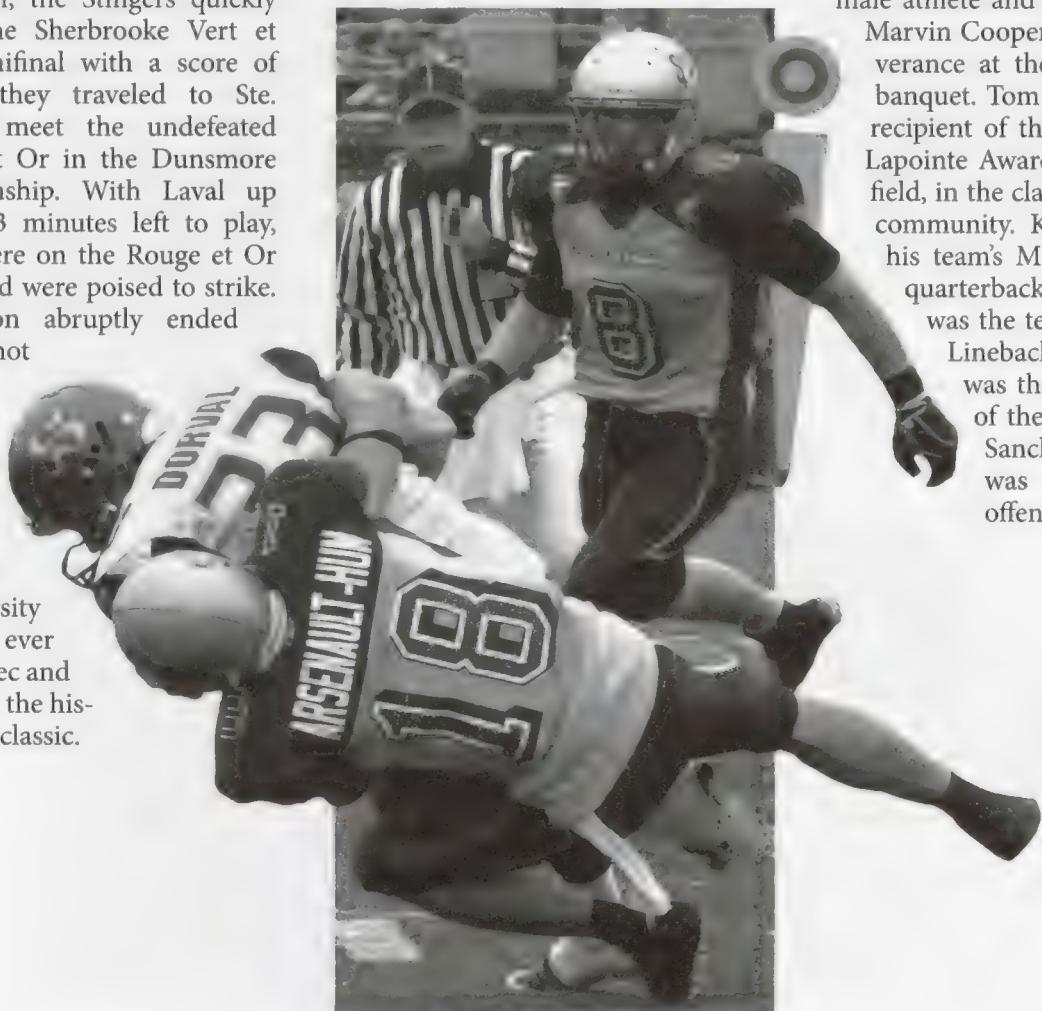
GAME RESULTS - REGULAR SEASON

Date	Opponent	Score	Overall Record	Attendance
Sept. 5	BISHOP'S	W 30-15	1- 0- 0	4084
Sept. 12	at McGill	W 46-41	2- 0- 0	2032
Sept. 20	LAVAL	13-36 L	2- 1- 0	4608
Sept. 28	at Laval	12-21 L	2- 2- 0	12982
Oct. 4	at Montreal	W 19-18	3- 2- 0	4223
Oct. 11	MOUNT ALLISON	W 66-13	4- 2- 0	2107
Oct. 18	at Bishop's	25-33 L	4- 3- 0	1487
Oct. 25	SHERBROOKE	W 17-3	5- 3- 0	1456

The 2008 Concordia Stingers football team enjoyed another strong campaign, finishing the regular season in second place in the Quebec conference with a 5-3 win-loss record. In the post-season, the Stingers quickly disposed of the Sherbrooke Vert et Or in the semifinal with a score of 41-20. Next, they traveled to Ste. Foy, QC, to meet the undefeated Laval Rouge et Or in the Dunsmore Cup championship. With Laval up 20-17 and 1:13 minutes left to play, the Stingers were on the Rouge et Or 15-yard line and were poised to strike. An interception abruptly ended Concordia's shot at a conference title, and Laval went on to win the game 28-17. It was one of the most exciting university football games ever played in Quebec and will go down in the history books as a classic.

There were several individual honours for the Stingers. Cory Greenwood and Nicholas Arsenault-Hum were league all-stars. Veteran William Miller was named fittest male athlete and the winner of the Marvin Cooper Award for perseverance at the athletics awards banquet. Tom Kuchiran was the recipient of the university's Ron Lapointe Award for work on the field, in the classroom and in the community. Kuchiran was also his team's MVP defence while quarterback Liam Mahoney was the team's overall MVP.

Linebacker Ricky Zieba was the defensive rookie of the year and receiver Sanchez Deschamps was the outstanding offensive rookie.



SCORING	TD	FGs	Kick	Rush	Rcv	Pass	DXP	Saf	Rg	Points
Rene Parades	0	18-22	22-23	0-0	0	0-0	0	0	2	78
Liam Mahoney	7	0-0	0-0	0-0	0	0-0	0	0	0	42
Tony Testa	3	0-0	0-0	0-0	0	0-0	0	0	0	18
Cory Watson	2	0-0	0-0	0-0	0	0-0	0	0	0	12
Devon Mitchell	2	0-0	0-0	0-0	0	0-0	0	0	0	12
TEAM	0	0-0	0-0	0-0	0	0-0	0	6	0	12
San. Deschamps	2	0-0	0-0	0-0	0	0-0	0	0	0	12
M. Donnelly	2	0-0	0-0	0-0	0	0-0	0	0	0	12
Colin Bennett	1	0-0	0-0	0-0	0	0-0	0	0	0	6
C. Ferdinand	1	0-0	0-0	0-0	0	0-0	0	0	0	6
Corey Greenaway	1	0-0	0-0	0-0	0	0-0	0	0	0	6
M. Deslauriers	1	0-0	0-0	0-0	0	0-0	0	0	0	6
William Miller	1	0-0	0-0	0-0	0	0-0	0	0	0	6
Total	23	18-22	22-23	0-0	0	0-0	0	6	2	228
Opponents	18	-20	17-17	0-0	0	0-1	0	4	8	180

PASSING	GP	Effic	Cmp-Att-Int	Pct	Yds	TD	Lng	Avg/G
Liam Mahoney	8	127.50	99-178-8	55.6	1478	6	63	184.8
Sheldon Moore	8	141.10	1-4-0	25.0	16	1	16	2.0
TEAM	8	-496.40	1-1-0	100.0	-71	0	9	-8.9
Total	8	124.39	101-183-8	55.2	1423	7	63	177.9
Opponents	8	141.75	174-272-12	64.0	2372	11	60	296.5

RUSHING	GP	Att	Gain	Loss	Net	Avg	TD	Long	Avg/G
Liam Mahoney	8	80	593	34	559	7.0	7	47	69.9
C. Ferdinand	8	95	534	23	511	5.4	1	22	63.9
Devon Mitchell	8	62	350	20	330	5.3	2	19	41.2
M. Donnelly	8	20	134	9	125	6.2	2	39	15.6
Colin Bennett	8	17	79	1	78	4.6	1	10	9.8
San. Deschamps	8	2	29	0	29	14.5	0	18	3.6
Cory Watson	8	1	6	0	6	6.0	0	6	0.8
Tony Testa	7	1	0	1	-1	-1.0	0	0	-0.1
Corey Greenaway	8	3	0	6	-6	-2.0	0	0	-0.8
Rene Parades	8	1	0	9	-9	-9.0	0	0	-1.1
TEAM	8	6	0	47	-47	-7.8	0	0	-5.9
Total	8	288	1725	150	1575	5.5	13	47	196.9
Opponents	8	204	929	191	738	3.6	6	68	92.2

RECEIVING	GP	No.	Yds	Avg	TD	Long	Avg/G
Cory Watson	8	31	546	17.6	2	63	68.2
San. Deschamps	8	17	298	17.5	2	55	37.2
Dan Rodrigues	8	14	170	12.1	0	28	21.2
Corey Greenaway	8	12	118	9.8	1	24	14.8
Blake Butler	8	10	185	18.5	0	36	23.1
Tony Testa	7	8	121	15.1	2	28	17.3
M. Donnelly	8	5	61	12.2	0	25	7.6
C. Ferdinand	8	3	12	4.0	0	12	1.5
Devon Mitchell	8	1	-5	-5.0	0	0	-0.6
Total	8	101	1506	14.9	7	63	188.2
Opponents	8	174	2410	13.9	11	60	301.2

DEFENSIVE LEADERS	GP	Tackles		
		Solo	Ast	Total
8 Cory Greenwood	8	39	19	48.5
41 Bryan Charleau	8	37	11	42.5
22 M. Deslauriers	8	27	5	29.5
91 William Miller	8	21	13	27.5
29 D. Danglade	8	21	11	26.5
55 Thomas Kuchiran	8	15	15	22.5
98 J.P. Binette	8	15	14	22.0
37 Evan Cook	8	20	2	21.0
9 Ricky Zieba	8	17	7	20.5
12 Andrew Nagy	8	15	7	18.5
50 Nathan Agadzi	7	14	7	17.5
18 N. Arsenault-Hum	8	14	6	17.0
34 D. Aramouni	8	10	11	15.5
95 Lincoln Bennett	6	7	5	9.5
54 K. Thompson-H	8	3	8	7.0
10 S. Palatnikov	8	6	.	6.0
6 C. Walcott	8	5	1	5.5
23 Kyle White	3	4	3	5.5
24 Gracia Mwembo	8	3	4	5.0
77 Maurice Forbes	4	2	4	4.0
81 Cory Watson	8	3	2	4.0
27 DeVaughn Harper	2	2	2	3.0
38 Colin Bennett	8	3	.	3.0
40 Nic Tomassini	8	2	1	2.5
TM TEAM	8	2	.	2.0
88 Dan Rodrigues	8	2	.	2.0
16 Ely Aramouni	6	1	2	2.0
99 Alexandre Turp	2	.	3	1.5
57 Kristian Matte	8	1	1	1.5
99 Alexander Turp	2	1	1	1.5
32 Corey Greenaway	8	1	1	1.5
21 Seb. Deschamps	5	1	.	1.0
35 Glenn Grainger	5	.	2	1.0
56 Mike Comeau	8	1	.	1.0
15 Rene Parades	8	1	.	1.0
28 Devon Mitchell	8	1	.	1.0
84 Tony Testa	7	.	1	0.5
Total	8	317	169	401.5
Opponents	8	317	193	413.5





2009 DEPTH CHART

OFFENCE

WIDE RECEIVER

1 Arian Francois (2)
12 Scott Mironowicz (1)
80 Kevin Prempeh (1)
85 Shaymus McFadden (1)
87 Sanchez Deschamps (2)
88 Dan Rodrigues (4)

SLOTBACK

14 Liam Mahoney (3)
16 Eli Aramouni (2)
32 Corey Greenaway (4)
81 Cory Watson (4)
82 Erik Throop (1)
83 Leyland Abel (1)
89 Aaron Moore (1)

OFFENSIVE TACKLE

55 Anthony Barrette (3)
59 Isaac Throop (1)
62 Jordan Ciampini (4)

GUARD

51 Joel Belerique (1)
57 Kristian Matte (4)
61 Jason Layden (1)
00 Jason Rouah (1)

CENTRE

58 Dan Lavinskas (1)
63 Gabriel Plante (1)
64 Corey Newman (2)
65 Taylor Millward (1)

QUARTERBACK

3 Terrance Morsink (1)
17 Robert Mackay (4)
19 Alexander Radojcic (1)

RUNNING BACK/TAILBACK

5 Michael Donnelly (3)
10 Jerome Hofferden (2)
20 Edem Nyamadi (2)
30 Cedric Ferdinand (5)

FULLBACK

2 Blair Yachetti (4)
25 Raymond Ndjonok Tonye (1)
28 Devon Mitchell Jr. (3)
36 Michael Whiton (1)
00 Wesley Maynard (1)

DEFENCE

DEFENSIVE END

54 Kamil Thompson-Hutchinson (4)
77 Micheal Livingston (1)
91 Zander Borsiczky (1)
92 Matthew Horne (1)
97 Jordan Meyler (1)
98 Jean-Philippe Binette (4)

DEFENSIVE TACKLE

66 Daryl Rankin (2)
72 Maurice Forbes (3)
94 Mike Sutton (1)
95 Lincoln Bennett (3)
99 Alexandre Turp (4)
00 Christopher Nagy (1)

LINEBACKER

8 Cory Greenwood (4)
11 Jahmall Rickman (1)
34 Dimitri Aramouni (2)
40 Nicola Tomassini (2)
41 Bryan Charleau (4)
42 Alexandre Lemire (1)
43 David Deku (1)
44 Marc-André Lewis (1)
00 Gavin Drohan (1)

CORNERBACK

7 Jamie Pau (2)
22 Mark Deslauriers (5)
23 Kristopher Robertson (1)
31 Nathan Taylor (1)
33 Ray Gabelus (1)
37 Darren Edwards (1)

FREE SAFETY

18 Nicholas Arsenault-Hum (3)
21 Sébastien Deschamps (1)

DEFENSIVE HALFBACK

4 Kyle Smith (3)
6 Christian Walcott (2)
24 Gracia Mwembo (2)
26 Alex Manseau (1)
27 DJ Brown (1)

SPECIAL TEAMS

PUNTER

15 Rene Paredes (3)
00 Dumitru Ionita (1)

KICKER

15 Rene Paredes (3)
00 Dumitru Ionita (1)

KICKOFF RETURN

1 Arian Francois (2)
5 Michael Donnelly (3)
12 Scott Mironowicz (1)
14 Liam Mahoney (3)
23 Kristopher Robertson (1)
31 Nathan Taylor (1)
32 Corey Greenaway (4)
81 Cory Watson (4)

PUNT RETURN

1 Arian Francois (2)
5 Michael Donnelly (3)
12 Scott Mironowicz (1)
14 Liam Mahoney (3)
23 Kristopher Robertson (1)
31 Nathan Taylor (1)
81 Cory Watson (4)

HOLDER

14 Liam Mahoney (3)
88 Dan Rodrigues (4)

SHORT SNAPPER

8 Cory Greenwood (4)
42 Alexandre Lemire (1)
98 Jean-Philippe Binette (4)

LONG SNAPPER

8 Cory Greenwood (4)
42 Alex Lemire (1)
98 Jean-Philippe Binette (4)

Bold denotes starters.

Number in parenthesis denotes year of eligibility.

THE CONCORDIA STINGERS FAMILY HONOURS THE MEMORY OF RICKY ZIEBA



Ricky R. Zieba
May 31, 1987 - June 24, 2009

Ricky Zieba, a second-year linebacker, with the Concordia Stingers, died on Wednesday, June 24, 2009 as a result of injuries suffered in a car accident.

In 2008, Zieba played eight regular season games with Concordia, collecting 20 solo tackles, seven assists, a sack and an interception. At the end of the year he was named the team's outstanding rookie on defence.

Before joining the Stingers, Zieba was an outstanding football player at Vanier College and with the Lakeshore Cougars football association. He was also an accomplished swimmer, representing the Pointe Claire Swim Club.

Zieba is survived by his parents Richard Zieba and Nikki Lavoie-Zieba, and his brother Jason.

The Stingers football team will be honouring their teammate by wearing Zieba's number nine on their helmets.

A moment of silence will be observed at the Stingers' home opener versus the Montréal Carabins on September 13. Game time is 4:30 pm.

"Ricky was a natural leader. He was young but you could see he was going to be a future captain. He was the type of guy that brought everyone together. He was good-hearted, passionate and had a strong work ethic. We have so much respect for him."

— Anthony Barrette

Stinger offensive lineman speaking on behalf of his teammates.

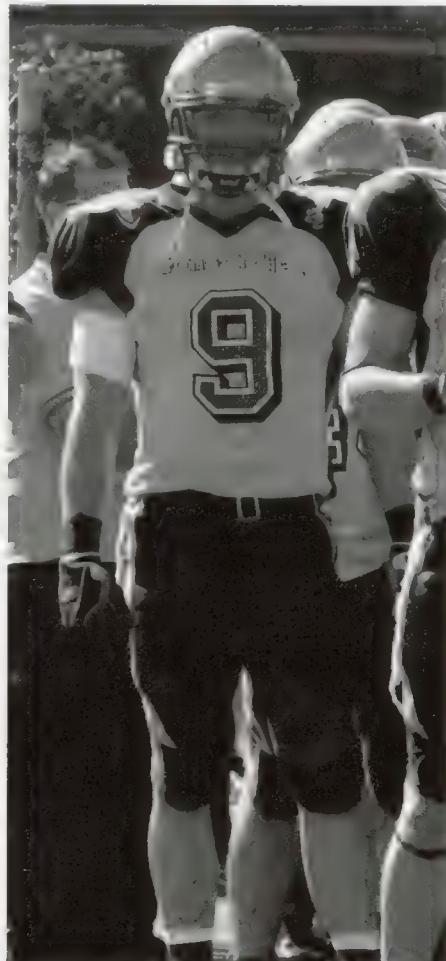


CONTRIBUTIONS IN MEMORY OF RICKY ZIEBA

If you would like to make a donation in Ricky Zieba's memory (with cheque payable to Concordia University) please send it to:

Concordia University
Advancement & Alumni Relations
1455 de Maisonneuve Blvd. W.
FB-520
Montreal, QC H3G 1M8

For further information, please contact us at: 514-848-2424, ext. 3884.





MEET THE STINGERS



14 Liam Mahoney

SB 6'1" / 197 lbs.

History
Lachine, QC
Vanier College

Liam Mahoney begins his third year with the Concordia Stingers by moving to receiver after two exceptional years as quarterback. The position change was always part of Mahoney's plan. Playing receiver affords him more opportunities to play at the professional level.

"Mahoney knows that he wants to play at the next level," said running back coach Brad Collinson "and he knows the key to getting there is playing at receiver and kick return."

The past year has taught Mahoney how experiences in football can be translated to life. Balancing football and school is difficult, but he is determined to succeed and leave Concordia with his degree. On the field, Mahoney knows he places a lot of pressure on himself so he can be as good a player as possible. Last year Mahoney's hard work landed him both Team and Offensive MVP at the Stingers Football Awards ceremony.

The goal of every season is to win, and for Mahoney this year is no different. "We're expecting to win the Dunsmore Cup and go all the way to the Vanier Cup just like any other year," he said. His personal goal for the season is to refine his skills at his new position and to make an impact on special teams as a returner. By suiting up at receiver, Mahoney hopes to help the team reach its goal as well.

"He has the ability, he just has to stay focused and keep working hard," Collinson stated. "He's going to be exciting out there this season."

Another skill Mahoney has learned with the Stingers is leadership. He is proud to be a team leader and he recognizes how this skill will help him in whichever path his life takes. Mahoney is also a role model for the kids who attend the Stingers football school where he has worked for the past three summers. He tries to set a good example on and off the field.

"Whether we realize it or not, we are role models," Mahoney said. "We just have to embrace that role and help out as much as we can."



81 Cory Watson

SB 6'2" / 204 lbs.

Arts
Dollard-des-Ormeaux, QC
Vanier College

Cory Watson was recruited out of Vanier College and for him the decision to come to Concordia was a family affair. He wanted to play at the university where his uncle Dave Spence used to play. Watson also gives credit to the coaching staff for his decision to join the Stingers. He appreciated their open, friendly style and how the program is run like a family. In 2007, Spence returned to Concordia as the receiver coach and is now teaching his nephew.

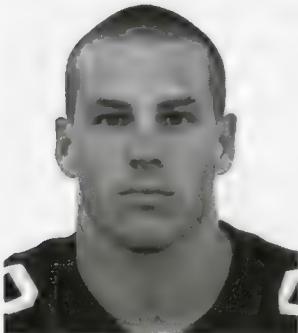
Running back coach Brad Collinson has high praise for the slotback describing him as among the most talented players on the team. "I'm looking forward to seeing him play this season," said Collinson. "This is his draft year and what he will be able to do is going to be unbelievable."

Watson has a great love for the game and for the camaraderie that goes with it. "I enjoy playing, and I enjoy being around the coaches and the players," he said. Eventually, he would like to try his hand at coaching. He knows being a good role model is a good start. When he was younger there were older individuals who he enjoyed watching play. Now he enjoys having his younger brother look up to him.

His personal goal for this season is to lead the Quebec division as receiver. Watson is excited to be playing along side quarterback Rob Mackay and has high hopes for the team this year. Since becoming a Stinger, Watson has seen the Dunsmore Cup get closer every year. He feels this season everyone on the team has high hopes of winning the conference title.

Watson knows that first-year players will find the program hard initially: "There are times when you wonder why you're here, why things are not going the way you envisioned, but stick with it. Listen to the coaches and over time you will become more than you expected."

MEET THE STINGERS



8 Cory Greenwood

LB 6'2" / 235 lbs.
Human Environment
Kingston, ON
Ottawa (QJFL)

After high school in Kingston, ON, Cory Greenwood played football in the QJFL and the OVFL. He also attended various work outs where he received invitations from some division-one schools in the United States. Despite the attention, Greenwood thought playing in the Quebec conference was the right choice for him and he knew Concordia was a school where he could achieve his goals.

He joined the Stingers as a 21-year-old freshman. "Since my first year I've known what I wanted," Greenwood stated. "I'm getting an education, I'm playing football at a high level, and I have some good opportunities to play professionally." The desire to play pro ball is what keeps him motivated every year.

After being named Quebec conference all-star in 2008, he is excited to see what will happen this season. His objective is for the Stingers to go undefeated and win the Dunsmore Cup.

There are high expectations of Greenwood this season and the coaches expect him to be the best football player in Canada. "Our program already considers him the best," said defensive co-ordinator Warren Craney. "He just has to step up and bring his game to another level." Both Greenwood and Craney agree that over the years the game has seemed to slow down for the linebacker. "I know what to expect and I can interpret what's happening on the field very quickly," explained Greenwood. Craney has been showing confidence in Greenwood's knowledge of the game by allowing him some control on the field and the freedom to make some defensive calls.

This confidence goes both ways and stems from the strong relationships Greenwood has made with the Stingers coaching staff. He takes advantage of the coaches' open-door policy and will go to them with any questions he has about school, football or his future.

The Stingers are certain that Greenwood's career will be in professional football. It will require a lot of hard work to stay ahead of his competition this season, but he will not let anything stop him from reaching his full potential. "It's like exams," said Greenwood. "You're only nervous if you didn't study. If you go in prepared, then you're going to ace it. I just have to be prepared for what's going to come this season."



18 Nicholas

Arsenault-Hum
S 5'11" / 190 lbs.
Mechanical Engineering
Delson, QC
CEGEP Vieux Montréal

Nicholas Arsenault-Hum started playing football when he entered high school and is now going into his third season with the Concordia Stingers. One of the top recruits of 2007, Arsenault-Hum has filled the gap left by former Stinger David Aiken who was an all-Canadian free safety in 2002.

Arsenault-Hum started in his freshman year and at the end of his second season was named the Quebec conference all-star. The coaches expect him to be all-conference again this season and to be named all-Canadian. Defensive co-ordinator Warren Craney expects Arsenault-Hum to be one of the best defensive players on the Stingers and refers to the safety as "an ambassador for the Stingers football program."

An exceptional student, Arsenault-Hum has not only proven himself on the field, but in the classroom as well. A Mechanical Engineering student, he chose to play at Concordia because it suited him academically as well. Arsenault-Hum calls playing professional football the dream job, but is excited by the prospect of pursuing a career in his field.

On the field this Delson, QC, native is always looking to improve his skills and believes the work ethic taught to him by the coaches will help him get there. "They coach us not just in football but in life too," he said. "It's not just about winning games, but being a better player and a better student." Arsenault-Hum feels there are many values that one can take from football and use in daily life. He sees the way the coaches have built the team and the way they show the Stinger pride and admits that it has made him a better man.

The third-year man is always setting goals for himself and likes to stay competitive so he can excel on and off the field. Disappointed with the loss of the Conference title last season, he is excited to prove the Stingers have what it takes to win.

Arsenault-Hum's positive attitude extends to his advice for younger players: "Believe in the program, believe in the coaches and believe in the team. The rest is going to follow."



MEET THE STINGERS



17 Robert Mackay

QB 6'2" / 218 lbs.
Human Relations
Port Dover, ON
St. Andrew's College

After sitting out a year and a half with injury problems, veteran quarterback Robert Mackay is back running the Concordia Stingers' offence this season. According to running back coach Brad Collinson, Mackay has been working diligently on his recovery and used last season on the sidelines to become a student of the game. "He didn't let his injury interfere with his learning," Collinson said. "He went up to the booth every game and watched like a coach would."

Recruited out of Port Dover, ON, Mackay came to Concordia straight out of high school. One of the youngest members of the team, he was grateful for the mentorship he received in his first year from former Stingers quarterback Scott Syvrett. Now as a senior, Mackay sees it as his turn to be a mentor for the younger players. "Many of the younger guys have a lot of respect for you, and it's a matter of showing them the ropes," he said. For this quarterback, leading by example is important on the field but also for success in the classroom.

Mackay is aiming to graduate with a high GPA and is interested in continuing his education in graduate school. His first choice for a career would be to stay in football if the opportunity presented itself, otherwise he would like to pursue something that would allow him to stay involved in sports such as management or ultimately as a general manager for a professional team. It is easy to feel his dedication to education when hearing his advice for younger players: "If you don't go to class, you can't play football. So go to class, do well in school and start good habits."

Evidence of Mackay's good habits are easy to see. "He's seeing the game a lot differently than he used to," said Collinson. "Mackay's decisions are quicker, and overall he's done wonders to get back in shape. We're looking forward to having him back and watching him go at it this year." Mackay is also itching to get back on the field. "I think we have all the tools to win the Dunsmore and Vanier Cups," Mackay said. "It's just a matter of staying healthy and executing what the coaches ask of us."



55 Anthony Barrette

OT 6'5" / 308 lbs.
History
Verdun, QC
Vanier College

AnTHONY Barrette played most of his career as a defensive linesman, but made the switch to the other side of the ball at Vanier College. Team Quebec rated him as one of the top-15 defensive linemen in the province. When he moved to offence during his last year of college he was ranked No.1 in Quebec.

His decision to play for the Stingers was based on positive feedback from former Vanier teammates. He also wanted to play where his family in Verdun could come to watch his games. Barrette described himself as a raw player when he started at Concordia, lacking experience at the offensive line. He says the coaching staff helped him with that by "improving my technique, my confidence, and my character."

Barrette's aim is to be the player that other teams warn their D-linemen about. His personal goal for the season is to be named all-Canadian or academic all-Canadian because he feels it will show his dedication in the classroom and on the field. Barrette's on-field competitiveness has fuelled his academic drive. After he completes a degree in History, Barrette is considering a Master's degree so he can pursue a teaching career. Of course playing professional football is his first career choice.

According to running back coach Brad Collinson, Barrette has all the tools to be the most dominant offensive lineman in the CIS. "He's big, he's fast, he's strong, he's athletic and he's doing everything possible to get better," said Collinson. If Barrette continues progressing on the field, the coaches feel pro football is a possibility for this third-year lineman.

On the field, Barrette has worked hard to develop a deeper understanding of the game and has greatly improved his technique on the offensive line. He describes it as, "knowing your plays and executing them properly, not being selfish." Both Barrette and the coaches are looking forward to seeing the Verdun native step into a leadership role this season and become a role model for other players. "We're asking a lot of him this season," stated Collinson, "as a veteran he has to become a leader for our young offensive line."

Barrette's advice to this young line is: "Don't be nervous. Just prove yourself to the coaches because they don't care what you did yesterday; they care about what you're doing on the field in the present."

MEET THE STINGERS



72 Maurice Forbes

DT 6'3" / 324 lbs.
Human Relations
Toronto, ON
Mississauga (OVFL)

Maurice Forbes begins his third year with the Concordia Stingers and is returning to the field after suffering an injury early in the 2008 season, forcing him to sit out the rest of the year. This Mississauga, ON, native began playing football late in his high school years but quickly became one of the most highly recruited players by universities across Canada. He was one of Concordia's top recruits of 2007. Forbes made the decision to play at Concordia based on his experiences with the coaching staff during the recruiting process. "When it's business, it's business," explained Forbes, "but they know how to have fun, socialize and really be guardians."

During his recuperation Forbes was grateful for the constant support of the staff and used his time off the field as an opportunity for self reflection and a chance to regain his focus. This has uncovered in him a new determination to win. "My injury," said Forbes, "gave me a new respect for the game and it gave me a new drive." Part of this focus includes taking on the task of leading the defensive line. Forbes takes this role very seriously and is determined to return stronger and faster than before.

The coaches' expectation of Forbes this year is to be among the best defensive players in Canada. But Forbes is less interested in setting individual goals. Instead he prefers to concentrate on the team goal of pursuing the Vanier Cup. "All we have to do is work harder and overcome the Quebec championship," said Forbes.

An unblockable force, Forbes is a quick, explosive and intelligent football player. "He is an aggressive player," said defensive co-ordinator Warren Craney. "He plays at a high level and he demands hard work and accountability from his teammates."

Academics also play an important role in this defensive tackle's life. He excels in the classroom and this has opened up opportunities for academic scholarship. The coaches see Forbes as a mentor for the younger players in both school and football. "In a few years, Maurice will be getting paid to play football," stated Craney. "He is an in-your-face kind of football player and he expects nothing less than a maximum contribution by all his teammates."



54 Kamil Thompson-Hutchinson

DE 6'0" / 249 lbs.
Leisure Science
Montreal, QC
John Abbott College

Kamil Thompson-Hutchinson started playing football at Loyola High School when one of the coaches suggested he try out for the school team. It was a move that worked out well as he went on to play at John Abbott College and is now in his fourth year with the Concordia Stingers.

Highly recruited, playing for Concordia was an easy choice for Thompson-Hutchinson. Being a Stinger meant he could continue his football career on the same field where it began. "It was really an honour to come back here and play on the same campus," he said.

His expectations for the 2009 season are nothing less than winning the Vanier Cup. "I know we have the type of team and the type of character it takes to finish first in the country," he said. The defensive end knows it takes a lot of motivation to keep up with all the demands on a student-athlete. Despite how difficult it can be at times, he plans to work as hard as possible and always put his best foot forward. "There is no point in doing something less than 100 per cent," Thompson-Hutchinson explained. "Otherwise you're cheating yourself and the team."

Thompson-Hutchinson thinks the most important skill he has developed as a Stinger was becoming a student of football. He learned that reading the game takes much more than the physicality of practices. Studying film, getting in the playbook, and most importantly, listening to the coaches are all crucial components to being able to analyze the game.

Changing positions from linebacker to defensive end has added to Thompson-Hutchinson's perspective of the game. "We were trying to find a position that would best fit him as a player and what we needed on the team," explained defensive co-ordinator Warren Craney. "Moving him to the defensive line allows him to play a more reactive game."

Always looking to succeed, the fourth-year man has plans to return for a second diploma after he finishes his degree in Leisure Science. "That's the short-term goal," said Thompson-Hutchinson. "For the long term I just want to be successful and be the person I know I can be."



MEET THE STINGERS



1 Arian Francois
WR 6'1" / 182 lbs.

Arts
Rexdale, ON
Notre Dame HS

Arian Francois begins his third year with the Stingers and expects the 2009 season to be a very competitive year for Concordia. "We have chemistry," he said, "and when we each do our part you will see something special on the field."

Highly recruited, Francois's decision to play for Concordia came down to choosing a school where he felt comfortable. "The coaches have been supportive of me no matter what, and the guys on the team are like brothers." After missing the 2008 season, Francois committed himself to his training during the off season so he could return in 2009.

Proud of what he has accomplished so far, Francois is always looking ahead to what he can accomplish next. His goal for 2009 is to be named Quebec conference all-star and CIS all-Canadian. Running back coach Brad Collinson thinks Francois has the right attitude to accomplish those goals. "He's doing everything we ask of him on the field," said Collinson. "He is a 'yes-coach' kind of kid and you win with kids like that."

In his first year Francois was a little stunned by the demands on a university student-athlete but he persevered. He found motivation watching his former teammates from the Mississauga Warriors (OVFL) be drafted by both CFL and NFL. "Knowing that you played beside these guys and then see them make it," he said, "the competitive motivation inside of me kicks in."

The phrase *competition breeds champions* is a philosophy he follows closely. The receiver wants to see the best players come here because it pushes him to be better. "If you have those guys who can push each other to be the best, then it's a win-win for everybody," he said.

Francois has developed a confidence and a toughness that comes from playing with older and larger teammates. On the field, he has learned that finishing strong takes team work. This is a skill he will carry with him through life.



5 Michael Donnelly
RB 5'9" / 211 lbs.
History
Ottawa, ON
University of Ottawa

After a year with the University of Ottawa, Michael Donnelly transferred to Concordia and he is pleased with his decision. "I fit in with the program," he said, "I feel I made the right choice and I'm happy with it." The resilience of the Stingers is something he can appreciate and believes it is what the team thrives on. He is proud of how every year the team continues its pursuit of the national title. "Anything I can do, any role that I can play I'll do it to help the team hoist the Vanier Cup," he said.

Victory is not all Donnelly plays for. Football is what motivates this running back to succeed in the classroom. "School and football go hand in hand with making me achieve more and more," he explained. His academic goal is to perform as best he can and graduate with a degree in History.

His desire to succeed translates to his performance on the field and running back coach Brad Collinson has taken notice. "He wants to be the best," said the coach, "and he's doing everything possible to be that player." Donnelly brings a different aspect to the Stingers' game because of how good his hands are in the open field. "He's a very diverse football player for our offence and he's doing everything we ask him to do," said Collinson.

The Ottawa native would love the opportunity to play professional football but would also like to use the training he received as a Stinger and turn it into a profession. The discipline it takes to play football and keep a balanced lifestyle, translates directly to Donnelly's life as well.

"Football teaches you life lessons all the time," he said. Among the lessons Donnelly will take with him after his collegiate career are time management and perseverance.

The coaches are looking to Donnelly to be a leader and he is accepting the challenge so he can show his two younger brothers what hard work and dedication can bring. He also has some sound advice for all student-athletes: "Take your time. Go to the place that fits you best. No matter where you choose, it's only going to be the right choice if you feel it is."

MEET THE STINGERS



98 Jean-Philippe Binette

DE 6'3" / 247 lbs.
Arts and Science
Montreal, QC
Kent Prep School

One of several francophone Stingers, Jean-Philippe Binette was highly recruited in Ontario and Quebec. He chose to play with the Stingers because he wanted to play in the Quebec conference and knew Concordia was a good school with a strong football program. Binette dressed his first year with the team and this is going to be his year to stand out. This season the Stingers have a young defensive line and Binette has the ability to lead them and become one of the best defensive ends in the Quebec conference.

Defence is not the only position where Binette excels. Running back coach Brad Collinson is amazed by Binette's talent at the long snap. "I long snapped here," stated the coach, "and Chris Cvetkovic who long snaps for the Winnipeg Blue Bombers played here. Binette is way beyond where we were." A natural, Binette can snap the ball upwards of 12 yards, and Collinson does not hesitate to call the defensive end the best long snapper in the conference.

Binette has a desire to win, and that's what keeps him motivated to keep up with the hectic lifestyle of a student-athlete. "You just need to push yourself every day to be the best," he said. Defensive co-ordinator Warren Craney is impressed by Binette's work ethic. "When he puts his mind to achieving a goal, he does not let anything stop him," said Craney.

This season, Binette is staying focused on the team goal rather than setting any personal objectives. At this stage in this football career he considers the success of the team to be more rewarding than any individual accolades.

The fourth-year man explains that he plays football because it is a sport which helps makes men. "Football," Binette said, "helps you become a better person. In the workforce, in the pros or even if you never play after university, the experience of playing makes you a better person."

A serious player with a good sense of humour is what makes Binette easy to get along with. His personality is evident in his advice to younger players. "Work harder than the veterans," he said. "Our coaches recruit well. They choose good, young guys. And we like rookies," he added with a smile.



22 Mark Deslauriers

CB 5'10" / 177 lbs.
Human Relations
Pierrefonds, QC
John Abbott College

Mark Deslauriers decided he wanted to play for the Stingers because Concordia is a highly competitive, perennial top-10 team, and has one of the top defences in the Quebec conference. In his fifth year, Deslauriers is expecting that competitiveness to help the team achieve their annual goal of winning the Vanier Cup.

Always solid on the field, Deslauriers emerged as one of the Stingers' top defensive players. "We're expecting the same of him this year," said defensive co-ordinator Warren Craney. "As a senior man on the defensive line, we are also expecting him to assume a leadership role and help in the development of the younger players."

Being a role model is a responsibility the cornerback accepts with enthusiasm. He remembers admiring the CIS players when he was playing peewee football. Deslauriers works with the annual Stingers football school and enjoys that level of coaching. "I can teach the kids techniques they might not have learned elsewhere," he said.

The technique Deslauriers thinks he has most improved upon during his time at Concordia is his foot-work. He credits defensive back coach Paul Rapagna with how much he has learned of this skill.

Always looking to play professionally, Deslauriers would like to play at home and would like to experience playing in Europe. After he is finished playing football, Deslauriers would like to pursue coaching as a career.

Deslauriers is always trying to be at his best, and takes pride in what he has accomplished. In 2008, he received the Stingers Football Award for Most Dedicated Player. "As a student-athlete, if you want to get somewhere it takes hard work," he said. Deslauriers has taken this philosophy to heart and has developed a strong work ethic and time management skills which have helped his success in the CIS and will help him after his collegiate career.



MEET THE STINGERS



57 Kristian Matte

OG 6'4" / 296 lbs.

Leisure Science
St. Hubert, QC

Vanier College

Kristian Matte played for Vanier College as tight end before coming to the Concordia Stingers where he moved to the offensive line. Matte chose to play for the Stingers because of the friendly atmosphere he encountered on his recruiting trip and his familiarity with some of the coaches and players. He holds a great respect for the coaching staff and describes his relationship with them as open and friendly. He was also impressed by the stability of the program.

Going into his fourth year, this offensive guard has high expectations for the season and is aiming to improve on last season's performance. Running back coach Brad Collinson has high hopes for him as well. "This is Matte's year," said the coach. "This is the year he can show everybody that he is the real deal." His drive to be a better player and get to the next level is what keeps Matte motivated. He also feels the hard work and the long hours he puts in are part of his dedication to the team.

Naturally a quiet person, this St. Hubert native prefers to lead by example. He sets this example by training hard in the gym and studying game film. Collinson is impressed with how Matte never comes in out of shape. "He's one of the strongest guys on the team," he stated. "He's also one of the fastest and is extremely athletic."

According to Matte, the long commute from his home on Montreal's south shore is why time management is one of the many skills he has learned since becoming a Stinger. He has also developed a maturity and a discipline which he can apply on and off the field. The offensive guard has been able to use his love for football as the central focus in his life making it possible for him to fit everything together.

Matte wants to graduate at the top of his class and attend graduate school after receiving his degree in Leisure Science but it has been his dream to play professional football since he started playing the game 14 years ago. He plans on making that dream happen by challenging himself to be a better player every year.



28 Devon Mitchell Jr.

FB 6'2" / 228 lbs.

Human Environment
Clarkston, MI
Ferris State

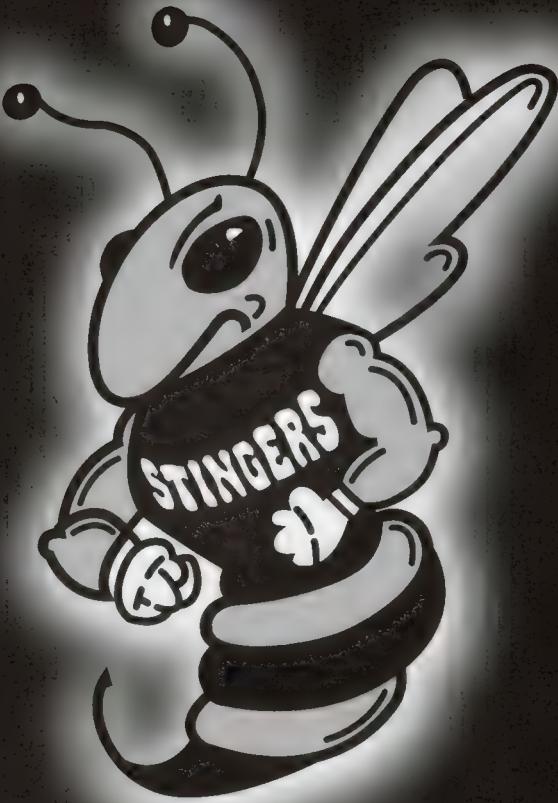
A native of Clarkston, Michigan, Devon Mitchell took a hands-on approach to his football career. The rules of eligibility in the NCAA did not allow him to return to the game after taking a few years hiatus. In order to start playing football again he began his own recruitment drive and contacted various Canadian universities. Eventually he was put in touch with Concordia Stingers Head Coach Gerry McGrath and running back coach Brad Collinson. Within a few weeks Mitchell was moving to Montreal without ever having visited Concordia. "He went out on a limb because he wanted another chance to play football," said Collinson.

For Mitchell, football is a family affair. His father played in the NFL for the Detroit Lions and Mitchell, who spent his life around the game, started playing at seven years old. The more he stays with the sport the more he realizes that he can't leave it. The fullback is studying Human Environment but his passion lies in all the elements of football and that is where he would like his career to take him.

Mitchell's expectations for this season are high. He increased his training from the previous off-season and settled into the rhythm of Canadian football, making the adjustment from American four-down football. "This year he's changed position and become a more aggressive player," explained Collinson. "When you get him out in the open space he's fast. We're looking forward to seeing him out there this year." Mitchell is looking to be on the field as much as possible and to help the team wherever he can. "I'm not a selfish player," said Mitchell. "I'm just hungry to be the best player I can."

This hunger for victory is what fuels his motivation and helps him manage the pressure that comes with the student-athlete lifestyle. "If you can't handle pressure, then you shouldn't play," stated Mitchell. "I enjoy the pressure and I wouldn't be here if I couldn't handle it."

This confidence translates well to his role as a leader. "I've been through a lot," Mitchell said. "I've done a lot of things the wrong way and now I'm doing them the right way. Now I have the chance to help a lot of people." Mitchell would help young players by giving them this advice: "Stick with it. If you stay in school and go to practice then it will work out for the best."



CONCORDIA UNIVERSITY

STINGERS

FOOTBALL SCHOOL

FOR INFORMATION CONTACT BRAD COLLINSON AT 514-848-2424, EXT. 5406

FOOTBALLSCHOOL.CA



2009 CONCORDIA STINGERS RETURNING PLAYERS



1 Arian Francois
WR 6'1" / 182 lbs.
Arts
Rexdale, ON
Notre Dame HS



2 Blair Yachetti
FB 5'11" / 220 lbs.
Leisure Science
Burlington, ON
Notre Dame HS



4 Kyle Smith
HB 5'9" / 174 lbs.
Human Relations
Châteauguay, QC
Kent Prep School



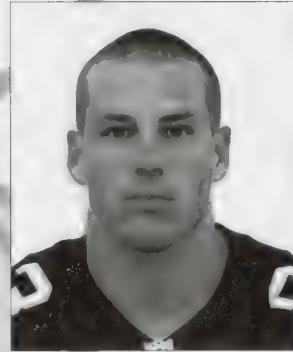
5 Michael Donnelly
RB 5'9" / 211 lbs.
History
Ottawa, ON
University of Ottawa



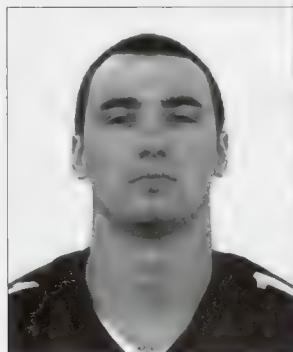
6 Christian Walcott
HB 5'10" / 196 lbs.
International Business
Markham, ON
Birchmont Park CI



7 Jamie Pau
CB 5'10" / 190 lbs.
Urban Studies
Ottawa, ON
Deacon Demons (EFL)



8 Cory Greenwood
LB 6'2" / 235 lbs.
Human Environment
Kingston, ON
Ottawa (QJFL)



14 Liam Mahoney
SB 6'1" / 197 lbs.
History
Lachine, QC
Vanier College



15 Rene Paredes
K/P 5'11" / 194 lbs.
Leisure Science
Pierrefonds, QC
John Abbott College



16 Eli Aramouni
SB 6'3" / 195 lbs.
Human Relations
Ottawa, ON
Ottawa (QJFL)



17 Robert Mackay
QB 6'2" / 218 lbs.
Human Relations
Port Dover, ON
St. Andrew's College

2009 CONCORDIA STINGERS RETURNING PLAYERS



18 Nicholas
Arsenault-Hum
S 5'11" / 190 lbs.
Mechanical Engineering
Delson, QC
CEGEP Vieux Montréal



19 Alexander Radojcic
QB 6'3" / 277 lbs.
Economics
Niagra Falls, ON
Westlane SS



20 Edem Nyamadi
RB 5'9" / 188 lbs.
Arts and Science
Montreal, QC
Bridgton Academy



21 Sébastien Deschamps
S 5'11" / 186 lbs.
Marketing
Ste. Julie, QC
Collège Édouard-Monpetit



22 Mark Deslauriers
CB 5'10" / 177 lbs.
Human Relations
Pierrefonds, QC
John Abbott College



24 Gracia Mwembo
HB 5'7" / 206 lbs.
Human Relations
Montreal, QC
CEGEP Vieux Montréal



28 Devon Mitchell Jr.
FB 6'2" / 228 lbs.
Human Environment
Clarkston, MI
Ferris State



30 Cedric Ferdinand
RB 5'8" / 197 lbs.
Human Relations
Ottawa, ON
Vanier College



32 Corey Greenaway
SB 5'9" / 190 lbs.
Exercise Science
St. Laurent, QC
Collège Édouard-Monpetit



33 Ray Gabelus
CB 6'0" / 196 lbs.
Public Affairs
Ottawa, ON
Ottawa (QJFL)



34 Dimitri Aramouni
LB 6'0" / 198 lbs.
Human Environment
Ottawa, ON
Ottawa (QJFL)



2009 CONCORDIA STINGERS RETURNING PLAYERS



36 Michael Whiton

FB 6'1" / 216 lbs.

Sociology

Simcoe, ON

Simcoe Composite HS



40 Nicola Tomassini

LB 5'11" / 198 lbs.

Film Production

Montreal, QC

CEGEP Vieux Montréal



41 Bryan Charleau

LB 6'2" / 214 lbs.

Arts

Simcoë, ON

Brantford (OVFL)



43 David Deku

LB 6'2" / 210 lbs.

History

Brossard, QC

Champlain-St. Lambert College



54 Kamil Thompson-

Hutchinson

DE 6'0" / 249 lbs.

Leisure Science

Montreal, QC

John Abbott College



55 Anthony Barrette

OT 6'5" / 308 lbs.

History

Verdun, QC

Vanier College



57 Kristian Matte

OG 6'4" / 296 lbs.

Leisure Science

St. Hubert, QC

Vanier College



59 Isaac Throop

OT 6'5" / 251 lbs.

History

Kingston, ON

Lasalle SS



62 Jordan Ciampini

OT 6'1" / 285 lbs.

Leisure Science

Dollard-des-Ormeaux, QC

John Abbott College



63 Gabriel Plante

C 6'0" / 265 lbs.

Finance

Quebec, QC

CEGEP Lévis-Lauzon



64 Corey Newman

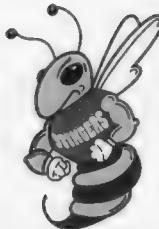
C 6'2" / 328 lbs.

Exercise Science

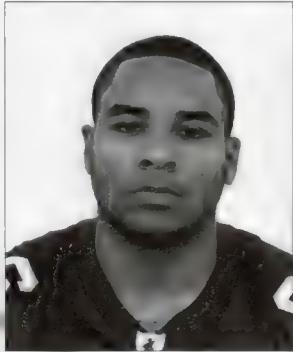
Châteauguay, QC

Loomis Chaffee Prep

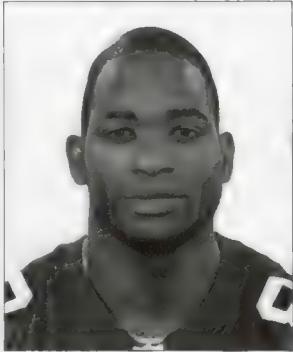
2009 CONCORDIA STINGERS RETURNING PLAYERS



66 Daryl Rankin
DT 6'0" / 286 lbs.
History
Verdun, QC
Vanier College



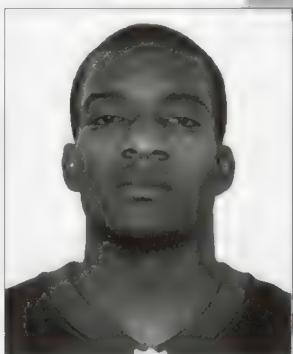
72 Maurice Forbes
DT 6'3" / 324 lbs.
Human Relations
Toronto, ON
Mississauga (OVFL)



81 Cory Watson
SB 6'2" / 200 lbs.
Arts
Dollard-des-Ormeaux, QC
Vanier College



82 Erik Throop
SB 5'11" / 203 lbs.
Sociology
Kingston, ON
Limestone (OVFL)



87 Sanchez Deschamps
WR 6'1" / 185 lbs.
Arts
Mississauga, ON
Vanier College



88 Daniel Rodrigues
WR 5'11" / 163 lbs.
Journalism
Oakville, ON
Halton (OVFL)



89 Aaron Moore
SB 5'11" / 194 lbs.
Human Environment
Toronto, ON
Philip Pocock CSS



95 Lincoln Bennett
DT 6'2" / 263 lbs.
Sociology
Ottawa, ON
Sir Wilfrid Laurier HS



98 Jean-Philippe Binette
DE 6'3" / 247 lbs.
Arts and Science
Montreal, QC
Kent Prep School



99 Alexandre Turp
DT 6'4" / 319 lbs.
Journalism
Montreal, QC
CEGEP Vieux Montréal



00 Jonathan Benoualid
QB 6'1" / 194 lbs.
Business Administration
Dollard-Des-Ormeaux, QC
Westminister HS

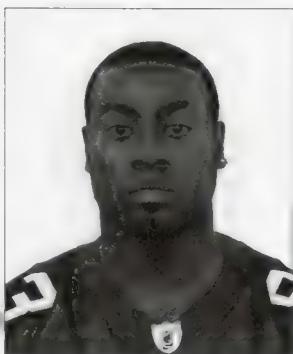


2009 CONCORDIA STINGERS

FRESHMEN



3 Terrance Morsink
QB 6'2" / 183 lbs.
Marketing
Pierrefonds, QC
John Abbott College



10 Jerome Hofferden
RB 5'9" / 208 lbs.
Human Environment
Brampton, ON
South Dakota Tech



11 Jahmall Rickman
LB 6'1" / 210 lbs.
Arts
Malton, ON
University of Windsor



12 Scott Mironowicz
WR 5'9" / 154 lbs.
Business Administration
Kirkland, QC
John Abbott College



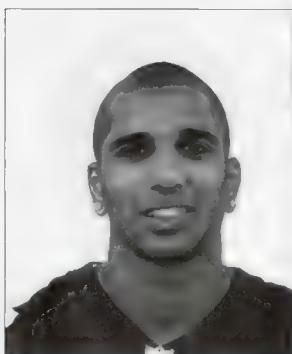
23 Kris Robertson
CB 5'8" / 165 lbs.
Anthropology / Sociology
Pickering, ON
St. Mary's Catholic HS



25 Raymond Ndjonok Tonye
FB 5'8" / 219 lbs.
History
Yaounde, Cameroon
CEGEP Vieux Montréal



26 Alex Manseau
HB 5'11" / 189 lbs.
Translation
Drummondville, QC
CEGEP de Victoriaville



27 DJ Brown
HB 5'8" / 181 lbs.
Business Administration
Pierrefonds, QC
Wyoming Seminary



31 Nathan Taylor
CB 5'8" / 183 lbs.
Human Environment
LaSalle, QC
Vanier College



37 Darren Edwards
CB 5'11" / 174 lbs.
Exercise Science
Hamilton, ON
St. Thomas More Catholic SS



42 Alexandre Lemire
LB 6'1" / 203 lbs.
Civil Engineering
LaSalle, QC
Collège Édouard-Montpetit

2009 CONCORDIA STINGERS

FRESHMEN



44 Marc-André Lewis
LB 5'11" / 195 lbs.
Economics
Ste. Basile-le-Grand, QC
Collège Édouard-Monpetit



51 Joel Belerique
OG 6'3" / 270 lbs.
Anthropology
Toronto, ON
Huron Heights HS



58 Dan Lavinskas
C 6'3" / 281 lbs.
Management
Montreal, QC
Champlain College



61 Jason Layden
OG 6'0" / 276 lbs.
Marketing
Hamilton, ON
St. Thomas More SS



65 Taylor Milward
C 6'0" / 273 lbs.
Sociology
Baie d'Urfé, QC
Kimball Union Academy



77 Micheal Livingston
DE 6'5" / 230 lbs.
Toronto, ON
Northern Secondary School



80 Kevin Prempeh
WR 6'2" / 184 lbs.
Political Science
Scarborough, ON
Scarborough Thunder



83 Leyland Abel
SB 6'4" / 189 lbs.
Arts
Dollard-des-Ormeaux, QC
Vanier College



85 Shaymus McFadden
WR 6'0" / 180 lbs.
History
Ottawa, ON
Ottawa (QJFL)



2009 CONCORDIA STINGERS FRESHMEN



91 Zander Borsiczky
DE 6'1" / 201 lbs.
Political Science
Stowe, VT
Holderness School



92 Matthew Horne
DE 6'3" / 205 lbs.
Exercise Science
Vaudreuil-Dorion, QC
John Abbott College



94 Mike Sutton
DT 6'2" / 281 lbs.
Sociology
Mississauga, ON
St. Marcellinus SS



97 Jordan Meyler
DE 6'3" / 208 lbs.
Software Engineering
Toronto, ON
Sir Wilfrid Laurier CI



00 Gavin Drohan
LB 6'1" 180 lbs.
Sociology
Toronto, ON
Malvern CI



00 Dumitru Ionita
K/P 6'1" / 198 lbs.
Leisure Science
Woodstock, ON
St. Mary's Catholic HS



00 Wesley Maynard
FB 5'8" / 214 lbs.
Political Science
Toronto, ON
St. Michael's College



00 Christopher Nagy
DT 6'3" / 276 lbs.
Physics
Markham, ON
Markham District HS



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John Abbott College

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THE STINGERS COACHING STAFF



The Concordia Stingers coaching staff consists of:

- New and veteran coaches
- Former NCAA and CFL Players
- Concordia University graduates
- Team Quebec and Team Canada coaches

Our coaches attend football camps hosted by both CFL and NFL teams. In the summer of 2009, Head Coach Gerry McGrath was a guest special teams coach at the Saskatchewan Roughriders training camp.

In the spring of 2009, coaches McGrath, Warren Craney and Brad Collinson attended training camps at the University of Florida and at the University of Southern California which is a top-ranked team in the NCAA.

The Stingers coaching staff are always proud of their players and encourage them to succeed both on the field and in the classroom. The Stingers coaches are also proud of their many players who have gone on to play professional football in the CFL and NFL.

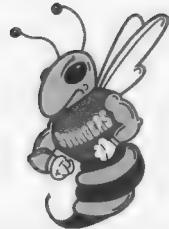
YEARS OF COACHING EXPERIENCE

COACH	YEARS
Gerry McGrath	24
Peter Regimbald	43
Warren Craney	17
Luc Pelland	12
Sean Hoas	15
Dave Spence	4
Brad Collinson	6
Alex Oliveira	5
Bryan Daley	9
Harry Laflamme	15
Paul Rapagna	19
TOTAL	169



Unavailable for photo: Sean Hoas

STINGERS HEAD COACH GERRY McGRATH



Gerry McGrath took over the reins of the Concordia Stingers in the 2000 football season after serving as offensive co-ordinator for eight seasons. This year marks his 18th season on the Concordia coaching staff and 10th as head coach.

McGrath, a kicker, played in the CFL from 1980-'86 with the Montreal Alouettes and Concordes, Toronto, Ottawa and Saskatchewan. All the while the Montreal native proved to be an ardent student of the game. He has kept in-depth notes and files on football strategies for more than 20 years. He is regarded as an offensive genius, especially when it comes to the passing game. His innovations as a coach at the Quebec junior and semi-professional levels have heavily influenced the game in the province of Quebec. He is very adept at developing a pro style offence and preparing receivers to play at the professional level.

Receivers who went on to the CFL include Sylvain Girard, Denis Montana and André Bolduc. Girard and Montana attended NFL camps before signing in the CFL. Burke Dales, one of McGrath's punters, is playing in the CFL at Calgary. Dales also attended NFL camp with the Pittsburgh Steelers after graduating from Concordia. In 2009, former Stinger punter Mike Renaud joined the Winnipeg Blue Bombers.



In 2006 McGrath was selected as the QUFL Coach of the Year.

Gerry McGrath can be contacted by email:
gmac@alcor.concordia.ca

Looking back, what is your overall view of last season?

I thought we did a lot of great things on and off the field. We are certainly graduating more of our athletes and we're finding some great student-athletes in the recruiting process. You can always be a little disappointed with the final result when you don't win. But then you look at all the things that did go well and how the program is growing. I'm happy with last year and I'm looking forward to this year.



How would you sum up your 10 years as the Stingers' head coach?

It's been great. Once I became the official head coach after an interim period we've had consistency in our program: we've never missed playoffs and we've never had a losing season. I think that the first and most important element of our program is to graduate our players, have consistency and constantly strive to make things better for them.

How did you start coaching?

I always knew I would like to coach at some point so I always spent a little extra time watching film and studying the game. Eventually it all worked out. Actually, I coached our defensive coordinator Warren Craney many years ago when he was in midget football and I was playing for the Alouettes.

How has attending camp with the Saskatchewan Roughriders the last two years helped you coach at the university level?

I think anytime you work with the best players and the best coaches you can't help but get better. I think at this point

the best lesson I can learn is if I tell a professional player how to do something and he doesn't get it right, it's probably because I haven't communicated my instructions properly. Learning to choose my words carefully, how to set a tone and creating a window of opportunity to teach something are all fine points that really make a big difference at the end of the day. At this point in my career being able to continuously hone those skills is important.

Do you think last year's Dunsmore Cup loss will change the way the coaching staff and the team approach this season?

I don't think so. Our players gave everything they had. Certainly from a coaching standpoint I think our players are well prepared game-in and game-out. Very seldom do we lose games that we should have won. We don't need to change anything, we just need to keep getting a little bit better and our day will come.





Several veterans graduated at the end of last season. Which younger players should we expect to see stepping into leadership roles this year?

When you replace fifth-year guys who are graduating, you lose a lot of experience. It's not that you can't get good athletes who can play, it's being able to play with poise and composure and rallying the guys around you. Tom Kuchiran for example, and William Miller, just made everybody around them better. Guys like that are hard to replace because of the value they bring to the program.

Who are some players we should be looking out for this year?

Liam Mahoney at receiver is going to be outstanding. I think Rob Mackay will rise to one of the top quarterbacks in CIS football this year. I think Arian Francois at receiver and also Cory Watson can have outstanding years. They're special athletes. On defence it's Nicholas Arsenault-Hum. I'm looking for great things from him and I really believe he will be all-Canadian this year. I'm pretty excited to see some of the young DB recruits come in. Nathan Taylor, from Vanier College, had an outstanding spring at corner for us. Kris Robertson is with us at defensive back. I'm excited to see second-year guys like Christian Walcott who will step up on defence. I'm sure they will all assume great leadership roles with our team, and very quickly for such a young age.

Rob Mackay returns this season as starting quarterback, and Liam Mahoney is switching to receiver. How will this impact the team?

I think it will have a very positive impact. I'm getting more good athletes on the field this way. When I was recruiting Liam I told him switching to receiver at some point would be a good career move and he will certainly have a chance to play pro football at receiver. He's a phenomenal athlete and he'll be the best punt-returner in our conference this year. Rob is a very accom-

plished quarterback. His skills, his arm strength, his ability to see things is outstanding. He'll be able to distribute the ball to the play-makers which will make us a really good football team.

Over the past few years Concordia has had one of the best recruiting classes. To what do you attribute this?

I think it's a combination of things. I think our reputation has the most to say about it. We're recognized across the country as being a very competitive football program. I also think we've established ourselves as honourable people within our coaching ranks.



All of those things add up to the better kids wanting to come to Concordia. Academically we have some strong programs so as time goes on we are slowly able to attract better and better players and better student-athletes.

With the new strength and conditioning program, what kind of results are you expecting to see in game play?

I think we'll be a faster team this year. We always had pretty good team speed and I think with the way strength and conditioning consultant Sébastien Lajunesse has the guys out and running the way he has all summer, we'll be a quicker team. Probably a more fit team as well.

This season there are some changes to the coaching staff. What effect will the addition of coaches Harry Laflamme and Paul Rapagna have to the defence?

They are both great football coaches and Rapagna is an outstanding teacher. He'll do a great job with the DBs. Harry is a great football guy, I also coached him years ago and getting him back working with me is something we've tried to do for years. Laflamme brings a wealth of football knowledge and experience to us. He's also very passionate about coaching and that's important. His passion is contagious and that will make all of us better.

This year the Vanier Cup will be hosted by Université de Laval. What will this do for the exposure of football in Quebec? Football is at an all time high here in Quebec and certainly this is going to be something else that adds to it. It certainly would be nice from our point to be in the Vanier Cup at Laval.

Will this have a motivating effect on the Stingers?

It certainly will be a motivating situation for Laval. What I would like is to host a bowl game here at Concordia and I think it would be an outstanding accomplishment for our school to host a bowl game. That's a goal of mine. ▀



STINGERS COACHING STAFF



Warren Craney can be contacted by email: wcraney@alcor.concordia.ca

WARREN CRANEY - DEFENSIVE CO-ORDINATOR

Defensive co-ordinator Warren Craney begins his ninth season with the Concordia Stingers and his sixth as defensive co-ordinator in 2009. He has coached every defensive unit at Concordia, and is widely respected for his work with linebackers. Before joining the Stingers, Craney was the defensive co-ordinator at Vanier College for three seasons. He has also worked with the St. Leonard Cougars of the Ontario Football Conference and the Châteauguay Raiders of the Quebec Major Junior Football League. Craney played in the Châteauguay system, wrapping up his career as a free safety with the Raiders' junior team.

As a full-time coach, Craney is involved in the administration of the football program and plays a key role in recruiting new players. Under his tutelage two student-athletes have earned the President's Trophy for the CIS Outstanding Defensive Player: Mickey Donovan in 2004 and Patrick Donovan in 2005 and 2006. Under Craney's direction Concordia has also developed a Metras Trophy winner for the CIS Outstanding Down Lineman when defensive end Troy Cunningham received the award in 2004.

A dedicated student of the game, he is always looking for opportunities to expand his knowledge and exchange ideas. Craney has attended the Montreal Alouettes, the Saskatchewan Roughriders and the Toronto Argonauts training camps. He has been a guest coach at the University of Nebraska and University of Michigan football schools. Craney has also enjoyed working with Team Quebec as defensive co-ordinator and Team Canada where he participates as a defensive coach.

Craney holds a Bachelor of Arts in History from Concordia University.

BRAD COLLINSON - RUNNING BACKS / RECRUITING



Brad Collinson can be contacted by email: bcollin@alcor.concordia.ca

Brad Collinson began coaching with the Stingers in 2004, first as an assistant then as the offensive line coach. This is his first season coaching the running backs. Since 2007 he has been on staff full time and has taken charge of recruiting. Though this is his first collegiate coaching position, he grew up with the game and enjoyed coaching the younger players as he began playing at higher levels.

Growing up in St. Bruno, QC, Collinson played in the minor leagues before going to play at Vanier College. In 1999 he won a scholarship to the University of Tennessee Martin. In 2000 he transferred to Concordia where he was a Stinger until 2002. Collinson signed on with the Montreal Alouettes in 2003 where he played for one year, including a Grey Cup game in Saskatchewan. When he was released after training camp the following year he began coaching at Concordia.

In 2005 Collinson received his BA in Applied Human Science from Concordia University and is excited to be working in his field. After having participated in the Stinger football school as a child, his duties now include running the program.

His experience as a professional has helped him in his coaching role having played under Don Matthews, the all-time winningest coach in the CFL. Collinson tries to apply as much of what he has learned to his coaching style. He knows the learning process is ongoing, and is grateful for the mentorship of coaches Warren Craney and Gerry McGrath from whom he has learned not only how to run a football team, but how to become a better coach.



STINGERS COACHING STAFF

PETE REGIMBALD - SPECIAL TEAMS Co-ORDINATOR



One of the most respected football men in Quebec, Pete Regimbald has coached with Vanier College, Loyola College and Concordia. He coached at the junior level for four years before beginning his university coaching career at Loyola in 1970 where he helped lead the Warriors to three league titles.

A senior member of the coaching staff, this native of Montreal enters his 35th season with the Stingers. A former wide receiver with the Montreal Alouettes (1965), Regimbald played college football at St. Francis Xavier University.

In 1996 he was presented with the Gino Fracas Award which is given to the CIS Volunteer Coach of the Year. Regimbald was also the special teams coach for Team Canada and helped coach them to two gold medals at the NFL Global Junior Championships: 2005 in Jacksonville and 2006 in Detroit.

ALEX OLIVEIRA - OFFENSIVE LINE

A new member of the Stingers coaching staff, Alex Oliveira is no stranger to Concordia. Oliveira played for the Stingers for five years, and was part of the team that brought Concordia to the Vanier Cup final in 1998. After graduating from Concordia with a BA in Applied Human Sciences, Oliveira began coaching at Sun Youth when he returned from playing football in Europe. After coaching the midget Sun Youth Hornets he coached the St. Leonard junior Cougars. Described as having a passionate coaching style, Oliveira's aim is to help the Stingers gain a better grasp of knowing their on-field assignments.



HARRY LAFLAMME - DEFENSIVE LINE

This is Harry Laflamme's first year as a member of the Stingers coaching staff but he brings with him more than a decade of experience. Laflamme was an offensive line coach for the St. Leonard junior Cougars and for Vanier College. He switched to defensive line in 2002 when he coached with the Université de Montréal. Laflamme also played minor football with the LaSalle Warriors, the Châteauguay junior Raiders, the Montreal Voyageurs and with the University of Manitoba where he received his Bachelor of Arts and Science. It was Stingers Head Coach Gerry McGrath who inspired Laflamme to begin coaching and he wants to use his dynamic coaching style to help the line work on its pass rush this season.

LUC PELLAND - LINEBACKERS

Former Stinger Luc Pelland joined the coaching staff from 1995 to 1997 and from 2007 to the present as a linebacker coach. He has also coached the Châteauguay junior Raiders, was defensive co-ordinator at Vanier College and spent two seasons as head coach of the Thonnon les Bain, Black Panthers in France. Pelland is also the linebacker coach of Team Quebec U-19 division. Pelland received his BA in Economics at Concordia. As a Stinger, Pelland was all-Canadian in 1993 and 1994, as well as a two-time academic All-Canadian. This is Pelland's fifth year as a member of the Stingers coaching staff and this year he wants to use his passion for the game to help the Stingers finish the season in a strong position.



STINGERS COACHING STAFF



DAVE SPENCE - RECEIVERS

Dave Spence, a standout wide receiver and return specialist, played three seasons with Concordia, including 1998 when the Stingers won the Atlantic Bowl and participated in the Vanier Cup. He graduated from Concordia with a BA in Political Science. Spence grew up in the North Shore football system playing for the midget Mustangs and the junior Broncos. He played at Vanier College before playing at Idaho State, a NCAA division-one team. Spence returned to Concordia as apart of the Stingers coaching staff in 2007. His thoughts on last season are: "To be the man you have to beat the man." He will help the Stingers by teaching motivation and the will to succeed.



BRYAN DALEY - DEFENSIVE LINE

From 1996 to 2000, Daley played with the Concordia Stingers and helped bring them to the Vanier Cup final in 1998. He went on to coach at Collège André-Grasset from 2001 to 2005. He came back to coach at Concordia for the 2006 season, making this his fourth season with the Stingers. Daley holds a Bachelor of Arts in Sociology from Concordia University. He approaches the game knowing chemistry and respect among the players is vital for a successful team.



SEAN HOAS - QUARTERBACKS

Sean Hoas played for the Stingers and brought us to the Vanier cup in 1998, before beginning his coaching career. From 2000 to 2007 he was the offensive co-ordinator/quarterback coach of the Châteauguay junior Raiders. Hoas also ran the offensive line and quarterbacks for the Hohenems Blue Devils of the Austrian Senior League in 2002. This marks his second season with the Stingers as their quarterback coach. Hoas holds a BA in Applied Human Sciences from Concordia University.



PAUL RAPAGNA - DEFENSIVE BACKS

Paul Rapagna returns for his fifth season with the Concordia Stingers coaching staff after three years at John Abbott College. Rapagna played football at the city, CEGEP and university levels before he began coaching during his last two years of university. Since then he has coached at the high school, junior and CEGEP levels. Rapagna's focus is on decision training and will work on helping the Stingers obtain a better conceptual understanding of pass schemes.



MIKE COMEAU - ASSISTANT OFFENSIVE LINE / FILM CO-ORDINATOR

Originally from Point Edward, ON, Mike Comeau joins the coaching staff right on the heels of finishing a five-year career as a Stinger offensive lineman. His familiarity with the players and the coaching staff will be a great asset to his position as an assistant coach. Comeau will also be taking on the responsibility of co-ordinating game film.



STINGERS FOOTBALL SUPPORT STAFF

**TEAM MANAGER**

Alex Smith
asmith@alcor.concordia.ca

**EQUIPMENT MANAGER**

Jack Lamothe

**TEAM DOCTOR**

Dr. Bruce Thomassin
MD

**HEAD ATHLETIC THERAPIST**

Sean Christensen
CAT (C), CSCS
schriste@alcor.concordia.ca

**ATHLETIC THERAPIST**

Matthew Heron
CAT (C)
mattheron@hotmail.com



**ADMIN. ASSISTANT TO
COACH MCGRATH**
Paige Norwell



**FILM / ADMIN. ASSISTANT
TO COACH CRANEY**
Colleen Ryan



**STRENGTH & CONDITIONING
CO-ORDINATOR**
Lisa-Marie Breton
NSCA-CPT, CSCS



**STRENGTH & CONDITIONING
CONSULTANT**
Sébastien Lajeunesse



ATHLETIC THERAPIST
Bruce Zigman
CAT (C)



STUDENT THERAPIST
Melissa Romancyshyn



STUDENT THERAPIST
Mariann Onofrio

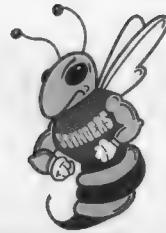


STUDENT THERAPIST
Didié Hamel-Jolette



STUDENT THERAPIST
Daphné St-Germain
Ampleman

VARSITY AND CLUB TEAMS



Men's Basketball

John Dore
Head Coach
johndor@alcor.concordia.ca

Women's Basketball

Keith Pruden
Head Coach
kpruden@alcor.concordia.ca

Men's Hockey

Kevin Figsby
Head Coach
figsby@alcor.concordia.ca

Women's Hockey

Les Lawton
Head Coach
llawton@alcor.concordia.ca

Men's Rugby

Clive Gibson
Head Coach
clive_gibson@hotmail.com

Women's Rugby

Graeme McGravie
Head Coach
mcgravie@alcor.concordia.ca

Men's Soccer

Lloyd Barker
Head Coach
lloyd_barker11@yahoo.com

Women's Soccer

Jorge Sanchez
Head Coach
wsoccer@alcor.concordia.ca

Wrestling

Victor Zilberman
Head Coach
stingers@alcor.concordia.ca

Baseball*

Howard Schwartz
Manager
howardschwartz@videotron.ca

Cross-Country*

John Lofranco
Head Coach
john_lofranco@yahoo.ca

Golf*

David Nagels
Head Coach
dnagels@dawsoncollege.qc.ca

Alpine Skiing*

Maxim Seguin
Head Coach
stingers@alcor.concordia.ca

* Indicates club teams



RECREATION AND ATHLETICS STAFF

Katie Sheahan

Director
Recreation and Athletics
ksheahan@alcor.concordia.ca

Kerry Laughlin

Administrative Services &
Intercollegiate Manager
klaughli@alcor.concordia.ca

Catherine Grace

Sports Information &
Promotion Co-ordinator
cgrace@alcor.concordia.ca

Eric Boghen

Marketing Co-ordinator
eboghen@alcor.concordia.ca

Marvin Cooper

Manager, Facilities
Planning and Development
marvinc@alcor.concordia.ca

Alex Smith

Assistant Manager, Facilities
Planning and Development
asmith@alcor.concordia.ca

Janet Corrigan

Campus Recreation Assistant &
Travel Co-ordinator
janetc@alcor.concordia.ca

Leonida Jacinto

Event and Ticket
Co-ordinator
ljacinto@alcor.concordia.ca

Gabriela Ponton

Webmaster,
Communications Assistant
gponton@alcor.concordia.ca

Vladimir Pavlicik

Assistant Director
Campus Recreation
pavv@alcor.concordia.ca

Rastko Popovic

Canteen
rpopovic@alcor.concordia.ca

Sally Livingston

Administrative Assistant
sally@alcor.concordia.ca

Micheline Delaney

Campus Recreation Secretary
mdelany@alcor.concordia.ca

Ray Kirkwood

Campus Recreation
Co-ordinator
rayk@alcor.concordia.ca

Michael Rinaldi

Campus Recreation
Co-ordinator
mrinaldi@alcor.concordia.ca

Alberto Moreira

Stinger Dome & Special
Project Co-ordinator
afmoreir@alcor.concordia.ca

Daniel De Palma

Sports Information &
Promotion Assistant
depalma@alcor.concordia.ca

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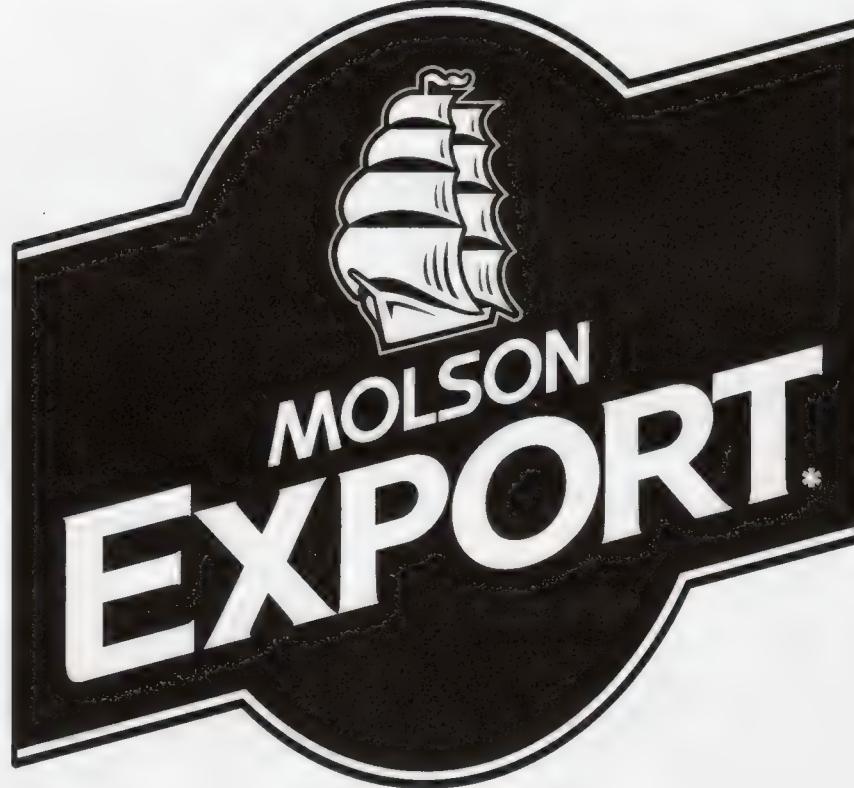
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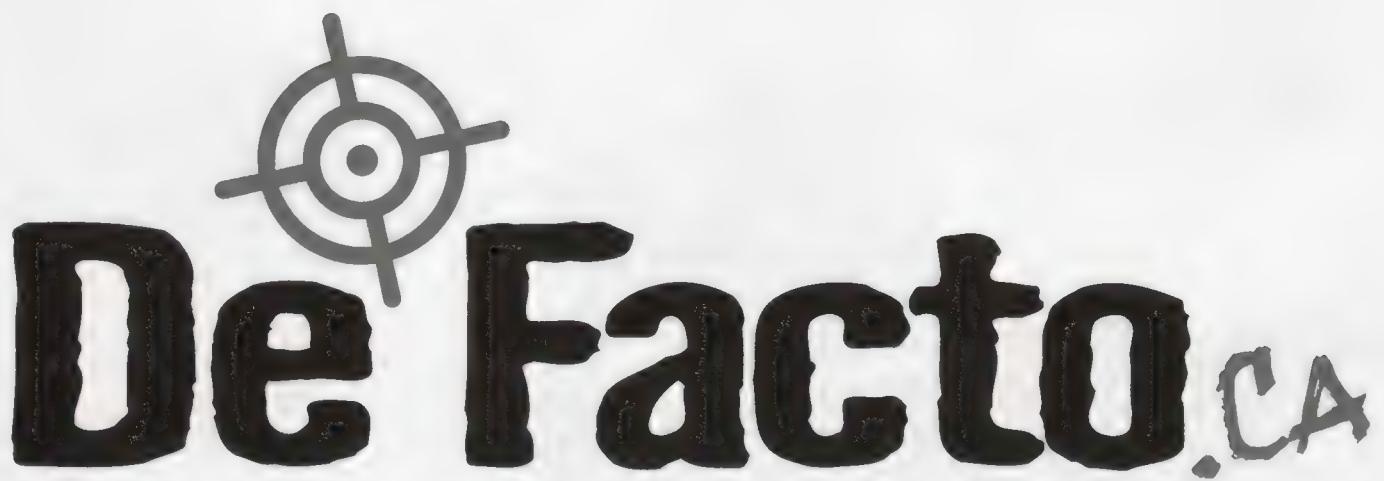


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STINGERS 2009

FALL SCHEDULE

FOOTBALL

Aug. 30	2:00 p.m. @ Wilfrid Laurier	(Non Conference)
Sept. 6	2:00 p.m. @ Laval (TV-SRC)	
Sept. 13	4:30 p.m. vs. Montréal - Home Opener	
Sept. 19	7:00 p.m. @ Sherbrooke	
Sept. 26	1:00 p.m. vs. St. Francis Xavier - Homecoming	
Oct. 3	1:00 p.m. vs. Sherbrooke (TV-SRC) - Shrine Bowl	
Oct. 17	1:00 p.m. @ Acadia	
Oct. 24	1:00 p.m. vs. McGill (TV-SRC) - Shaughnessy Cup	
Oct. 31	1:00 p.m. @ Bishop's	

MEN'S SOCCER

Aug. 27	1:00 p.m. @ Norwich University	(Non Conference)
Aug. 28	12:00 p.m. @ St. Michael's College	(Non Conference)
Aug. 29	10:00 a.m. @ Merrimack College	(Non Conference)
Sept. 11	8:00 p.m. @ Sherbrooke	
Sept. 13	3:00 p.m. @ Montréal	
Sept. 18	8:30 p.m. vs. McGill	
Sept. 25	8:00 pm @ UQTR	
Sept. 27	3:00 p.m. vs. Laval	
Oct. 2	8:30 p.m. @ UQAM	
Oct. 4	3:00 p.m. vs. UQAM	
Oct. 16	8:30 p.m. vs. Montréal	
Oct. 18	4:00 p.m. vs. Sherbrooke	
Oct. 23	8:00 p.m. @ McGill	
Oct. 30	8:30 p.m. vs. UQTR	
Nov. 1	3:00 p.m. @ Laval	

MEN'S RUGBY

Aug. 30	2:00 p.m. vs. RMC	(Non Conference)
Sept. 2	5:00 p.m. @ RMC	(Non Conference)
Sept. 4	3:00 p.m. vs. Waterloo	(Non Conference)
Sept. 11	8:30 p.m. vs. Bishop's	
Sept. 20	3:00 p.m. @ Sherbrooke	
Sept. 25	8:30 p.m. vs. Sherbrooke	
Oct. 4	1:00 p.m. @ McGill	
Oct. 18	12:00 p.m. vs. McGill	

WOMEN'S SOCCER

Aug. 22	10:00 a.m. vs. Ryerson	(Non Conference)
Aug. 23	12:00 p.m. vs. Ryerson	(Non Conference)
Aug. 27	11:00 a.m. @ Norwich University	(Non Conference)
Aug. 28	12:00 p.m. @ St. Michael's College	(Non Conference)
Aug. 29	10:00 a.m. @ Merrimack College	(Non Conference)
Sept. 11	6:00 p.m. @ Sherbrooke	
Sept. 13	1:00 p.m. @ Montréal	
Sept. 18	6:30 p.m. vs. McGill	
Sept. 20	1:00 p.m. vs. Bishop's	
Sept. 25	6:00 p.m. @ UQTR	
Sept. 27	1:00 p.m. vs. Laval	
Oct. 2	6:30 p.m. @ UQAM	
Oct. 4	1:00 p.m. vs. UQAM	
Oct. 16	6:30 p.m. vs. Montréal	
Oct. 18	2:00 p.m. vs. Sherbrooke	
Oct. 23	6:00 p.m. @ McGill	
Oct. 25	2:00 p.m. @ Bishop's	
Oct. 30	6:30 p.m. vs. UQTR	
Nov. 1	1:00 p.m. @ Laval	

WOMEN'S RUGBY

Sept. 3	7:00 p.m. @ Trent	(Non Conference)
Sept. 11	6:30 pm vs. Bishop's	
Sept. 20	1:00 pm @ Sherbrooke	
Sept. 25	6:30 pm vs. Laval	
Sept. 29	8:00 pm vs. McGill - Kelly-Ann Drummond Cup (Exhibition)	
Oct. 2	6:30 pm vs. Ottawa	
Oct. 8	8:00 pm @ McGill	
Oct. 17	3:30 PM @ Ottawa	

WRESTLING

Oct. 25 Concordia Tournament

Nov. 1 1:00 p.m. @ Laval

Updates and schedules for all our fall season sports including golf, baseball and cross-country can be found on our web site at stingers.ca

For tickets call (514) 848-2424, ext. 3898. All games and times are subject to change.
For updates visit stingers.ca

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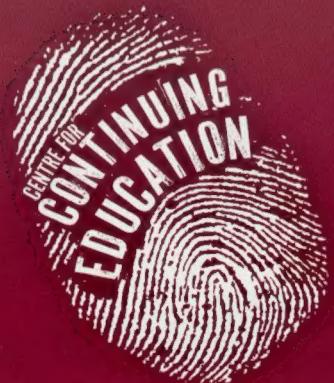
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